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Carmel Valley Sun

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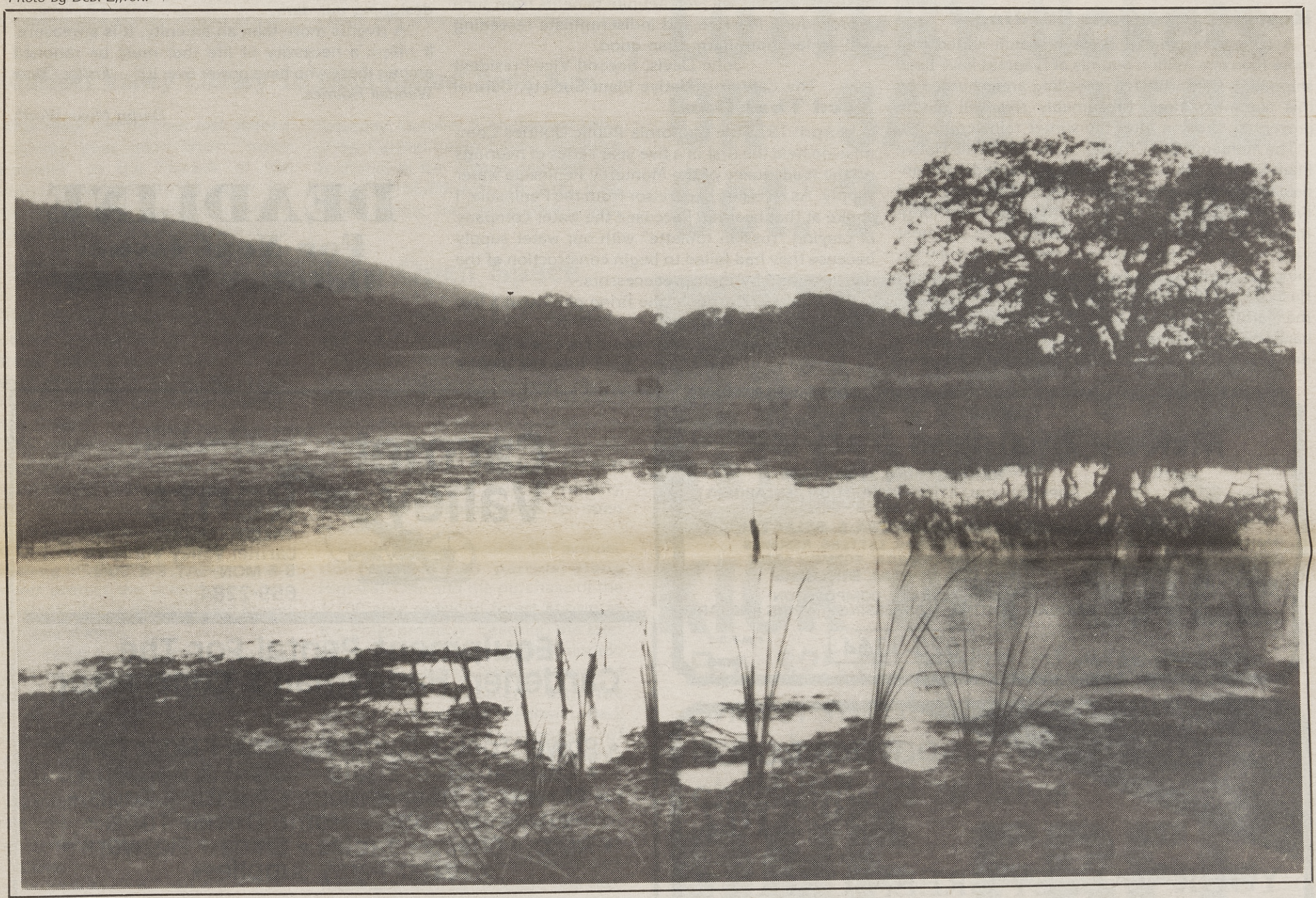
October 2, 1985 — October 16, 1985

Photo by Debi Effron.



Don't miss the CVPOA insert.

— Center

Locals will get a chance at Lottery.

— Page 3

Music and comedy to entertain.

— Page 8

LETTERS

Letters to the Editor are welcome from our readers. They must not be more than 250 words, and if possible, typed and double spaced. We reserve the right to edit, discard or return to the sender any letter which does not meet the standards of length or good taste. All letters must be signed legibly and include address and telephone number.

Mink Owner Responds

I simply must respond to Ms. Fur Coats 9/18/85.

I knew that Carmel was full of frustrated aspiring writers, but this stuff would make Danielle Steel weep. . . As for the fur coat business. . . I have three of them. . and every night I snuggle down under a magnificent ranch mink blanket. . . and I sleep real well. . . In fact the only thing that makes me lose any sleep at all. . . is that there are so many nuts loose these days. . . and apparently some of them have your address. . . That's what I think!

A. Carroll
Carmel

Restrict Ryegrass Seeding

A recent Associated Press dispatch stated that more than one million pounds of ryegrass have been shipped to California for reseeding areas burned by this summer's fires. Presumably this will aid in preventing erosion after the winter rains come.

The Monterey Bay Chapter of the California Native Plant Society opposes any large-scale seeding of annual ryegrass. Recent studies have shown that annual ryegrass interferes with the comeback of the long-rooted, better adapted native plants which are most valuable for soil stabilization. A detailed study by Dr. James R. Griffin, plant ecologist at UC Berkeley's Hastings Reservation, on several areas reseeded after the Marble Cone fire showed that there was a significant amount of soil erosion before the ryegrass cover developed; there was a higher mortality of native pine seedlings; and the accumulation of dry grass from the reseeding actually constituted a fire hazard in itself. In addition, such reseeding is costly and places yet another unnecessary burden on the taxpayer's back.

We realize that the administrators of our national forests are under great public pressure after wildfires to cover blackened slopes with something that will prevent erosion and mitigate an eyesore. But doing something that increasingly appears to be harmful the more its after-effects are studied is hardly the answer. We urge that any reseeding be rigidly confined to limited spot areas in which thorough investigation has indicated definite benefits from such a procedure. Massive and indiscriminate reseeding will do far more harm than good.

John Davis, Second Vice-President
The California Native Plant Society, Carmel

Need That Dam!

In April 1973 the California Public Utilities Commission held the first of a five year series of hearings on the inadequacy of the Monterey Peninsula water supply. As a county supervisor from the Peninsula, I spoke at that hearing. I accused the water company of playing "russian roulette" with our water supply because they had failed to begin construction of the dam planned by their predecessors.

With the 1977 drought the firing pin found a live cartridge in the chamber.

In 1978 we seated a water board for a new district we formed to build the dam. Since then the district has been playing roulette. Where is the live cartridge now?

We still need that new small dam. Let's build it! Now!

Willard Branson
Monterey

Foxes Guarding Henhouse

Here we go again: the fox wants to guard the hen house. No, no, not Lombardo!

It concerns me that too often people abrogate their rights as citizens, and fail to vote.

Lest we forget—we don't want the developers designing our dam.

"A river is more than an amenity, it is a treasure. It offers a necessity of life that must be rationed among those who have power over it." – *Justice Oliver Wendell Holmes.*

Darby Moss Worth

DEADLINE
For Next Issue:
October 5, 1985

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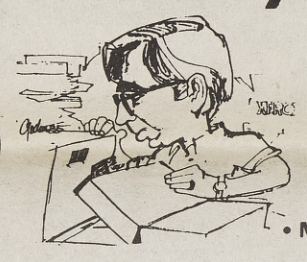
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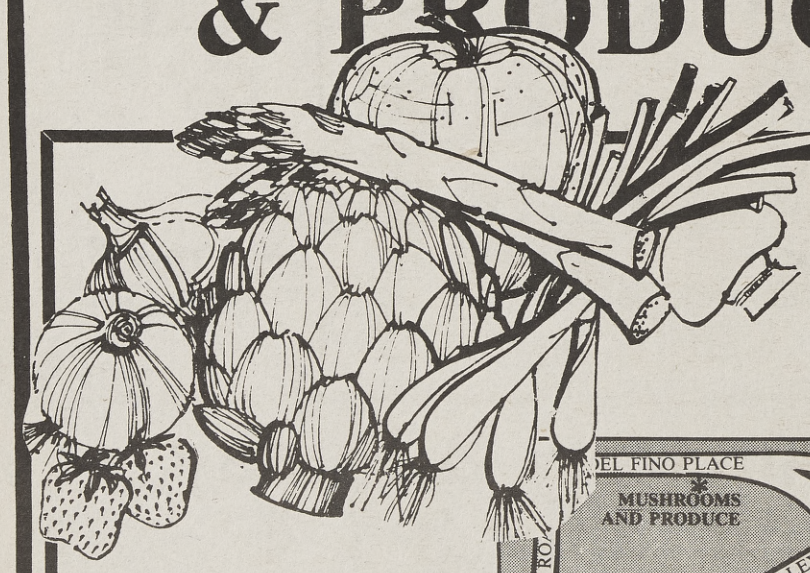

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Lottery Tickets Go On Sale Tomorrow

The California Lottery makes its debut in Carmel Valley on October 3, precisely at 12:30 p.m. That's the soonest gambling enthusiasts can purchase their $1 tickets.

Each ticket contains six scratch-off spaces. If the same amount appears on the ticket three times the player is an instant winner. Instant prizes may be $2, $5, $100, $500, $1,000 or $5,000. The $2 and $5 winning tickets will be paid by the retailer. Ticket winners for $100 or more must send their name and the ticket to the California State Lottery in Sacramento for their winnings.

The $100 winner's will have an extra chance to win even bigger prizes. Out of each 6,250 $100 winners 10, will be chosen to spin a wheel during weekly grand-prize drawings beginning the end of October. The drawing will award jackpots of $2 million, $100,000, $50,000 $10,000. Each $100 winner will have only one chance, however, to be chosen as a finalist because each 6,250 group is replaced with a new group.

There are 11 businesses in the valley that are outlets for the lottery: (in the Village) Kaseys, Carmel Valley Market, Village Auto Parts, Running Iron, Grapevine Deli, (mid-valley) Safeway, Wittmans, (mouth of the valley) Rio Road Arco, Albertsons, Safeway, Longs and Goldsmiths Jewelers.

Carmel Valley Library To Hold Annual Book Sale

This week will be your last chance to donate your good clean "white elephants" to the Friends of the Carmel Valley Library as items for their Patio Sale to benefit our Carmel Valley Library. The sale will take place Saturday, October 5, on the rear patio of the Carmel Valley Libary (Buckeye Building) in the Village, between the hours of 10:00 a.m. to 4:00 p.m. Please *donate,* then come back to *buy.*

Haber Donates Land To Open Space

The Big Sur Land Trust recently received a donation of 17 acres of Carmel Valley property from Mr. Ed Haber, President of Green Meadows, Inc., announced Executive Director Brian Steen.

The property, located near Quail Lodge and south of Hacienda Carmel is commonly known as the Porter Bowl. It rises above the Carmel River with open meadows and oak covered bluffs over-looking Carmel Valley. "Keeping this land in open space, will forever protect the scenic views enjoyed by Valley residents," said Steen in a news release.

"Mr. Haber has indicated this is the first of forthcoming open space donations to be made by Green Meadows, Inc. on contiguous parcels in the Porter Bowl area," Steen continued.

Along with the land gift, Mr. Haber has also awarded the Land Trust with a substantial monetary gift to help cover the cost of insurance and maintenance of the property in ensuing years.

•

To effectively preserve land on the Monterey Peninsula as well as the Big Sur Coast, The Big Sur Land Trust has expanded its Board of Trustees to a total of 15 members, Steen also announced. New trustees include Alvin Andrus, Victoria Andrews, Richard Dalsemer, Douglas Despard, Denise Duffy and Roderick Mills, all have also been directors of the Monterey Open Space Trust.

The combination of these two organizations is the productive result of meetings with leaders on the Peninsula and Carmel Valley who sought to determine appropriate methods to preserve land in these areas Steen noted. Newly elected officers are Alvin Andrus, president; Roger Newell, vice-president; Julie Packard, secretary; and Lloyd Jones, treasurer.

Already, land-preserving negotiations are underway in Carmel Valley, Pacific Grove, and Monterey with the expectation of their completion in 1985. Previous transactions by the BSLT in 1983 and 1984 included 400 acres of Carmel Valley property donated by William Cusack for open space.

Other projects include the acquisition of viewshed parcels along Highway One and the purchase of the 1,100 acre redwood forest known as the Philo property. Securing the later property located above Palo Colorado Canyon is being done through a cooperative agreement with the Monterey Peninsula Regional Park District with the purpose of establishing a day-use park similar to Garland Ranch Regional Park.

Since its incorporation in 1977 as a non-profit corporation, BSLT has completed 21 land-saving transactions totaling 5,130 acres. BSLT works confidentially with landowners and their representatives to help determine what land-use management alternatiives may best fit a landowner's needs and still provide a significant conservation result.

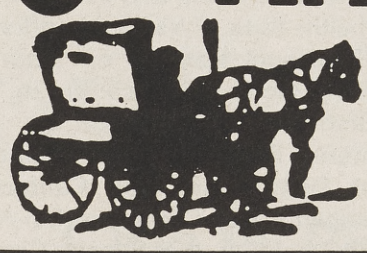
Headquartered in Carmel, BSLT seeks to involve Peninsula residents as members to augment the support received from the existing membership of 350 people. Basic membership is $25, and is tax deductible under IRC 501(c)(3). Endowment contributions are sought to develop an Opportunity Purchase Fund to preserve properties threatened by excessive development or logging.

For more information call Brian Steen at 625-5523.

COMSAT EIR Hearing Set

The Monterey County Planning Commission will hold a public hearing on the amended Environmental Impact Report for the expansion of COMSAT's Jamesburg Earthstation. The hearing is October 9 at 2 p.m. in the Board of Supervisors chambers in Salinas.

CARMEL VALLEY MARKET



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Liz Turner.....Advertising Director
Debi Effron.....Photographer

Contributors

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Grace Darcy.....Chamber Connection and writer at large
James Greenan.....Video Views and writer at large
Jeff Frye.....Where There's Smoke
Sidney Reade
Illia Thompson.....Thoughts
Mary Berta.....Bookworm
Donna Hamilton.....Writer at Large
Drs. Kim and Irving Hartford.....Eye-deas
Robin Maurice.....Animal Tracks
Lisa Hoefler
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Frank Catalano.....Lions Club News
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Dan Derr.....Face to Face
Ann Harrison.....Women's Resource Center
Louise Riddel-Kaufman..Community Center
Glenn Stewart.....Wilderness Sanctuary
Dr. Thomas Ainsworth.....Going My Way
Animal Issues.....Mary Tesoro
Scz Me.....Jo Parrish Butler
Nancy's Kitchen.....Nancy Amato

Carmel Valley Sun

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The Cover

This scenic setting at Rana Creek Ranch will be among the pictures featured this month at the Carmel Valley Library. The exhibit, by photographer Debi Effron is titled "Valley Life."

Water Awareness And Conservation Will Be Featured At Workshop

Water awareness and conservation will be the topic of a special workshop for Peninsula teachers on Saturday morning, October 19, at 9:00 a.m. The workshop, cosponsored by the Monterey Peninsula Water Management District and the California-American Water Company (Cal-Am), will be held at the Sunset Center, Carmel.

The workshop purpose, according to coordinators Michael Ricker and Linda Morris, is "to provide teachers with fun, innovative ways to use water themes in science, art, reading, social studies and mathematics."

Morris, the Community and Employee Relations Manager for Cal-Am, is enthusiastic about the featured guest speakers. "Teachers will enjoy our dynamic guest speakers who are experienced classroom teachers. They will show how the materials we provide can be used in class and will perform easy and fun experiments. The award winning video, Water Follies, will also be shown."

Teachers in grades K–8 received invitations in late September and are encouraged to respond before October 7, as seats may be limited. Luncheon and free materials will be provided to all particpants. For further information, contact Michael Ricker at 649-4866 or Linda Morris at 373-3051.

Charles and Harriet Walker.

Local Couple Celebrate Golden Anniversary

Charles and Harriett Walker recently had cause for a very special celebration. September 27, marked their Golden Wedding Anniversary.

The couple were married in Tacoma, Washington in 1935 by Methodist minister, Rev. John Williams. It was a Friday, and by coincidence their Golden Anniversary fell on a Friday as well.

"You really don't think about it," said Harriet when asked if she ever thought they would stay together that long. She added that the years go by too fast to think about it.

After a honeymoon in San Francisco Charles and Harriet moved to the peninsula and have spent the past 40 years in Carmel Valley. Charles, now retired, worked in maintenance for the public schools system and prior to that was with the M.J. Murphy Company. Harriet retired from the Abinante Music Store where she worked as a bookkeeper and on sales.

The couple celebrated their anniversary with their son, David, at his home in Visalia. Joining the celebration was their daughter, Mrs. Carol de Leon from San Diego; also present were their four grandsons, two granddaughters and great-granddaughter.

Agency Assistance Workshop Offers Nonprofit *Organizations Training Sessions*

The Agency Assistance Workshop schedule for 1985-86 has been announced, with a calendar of 14 training sessions for nonprofit organizations in Monterey County. There are three series, or tracks, which address a variety of needs for local nonprofits. The Board series will be of interest to board members and Executive Directors, concerning the needs and challenges of the nonprofit Board of Directors. A track on Volunsent on each workshop to all nonprofits in the county.

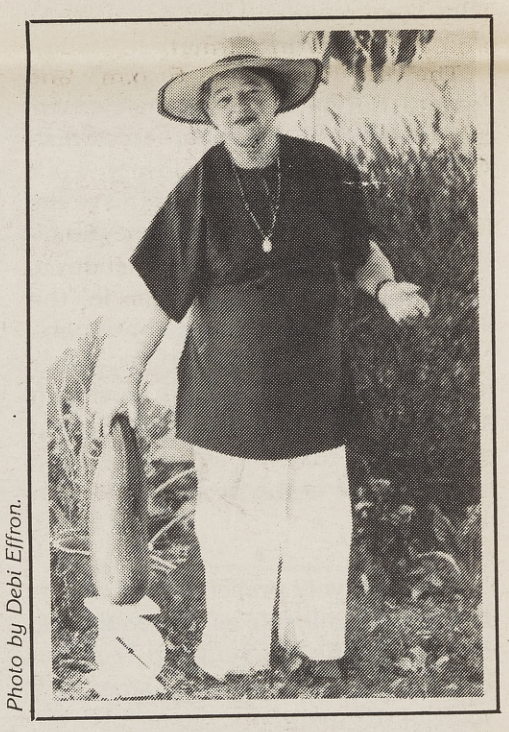
The seminars are being cosponsored by the Monterey County Cultural Council, the Volunteer Center in Salinas, and Volunteers in Action. The seminars will not be disrupted by the closing of VIA, as Marissa Garavaglia will continue work with the workshops on a volunteer basis.

Financial assistance will be available through the support of the Community Foundation for Monterey County.

For further information, contact Dana Calhoun at Monterey County Cultural Council. The phone number is 646-4251.

Not Quite What She Thought

This 8 lb. 11 oz. zucchini in her garden proved to be an exciting find for Rosalind Wall who was sure it was a record setter. Unfortunately, it was a far cry from the "Guinness Book of World Records" champ which was 36 lbs. 3 ozs. The record holder was grown by M.M. Bruchi of Montreal in 1982.



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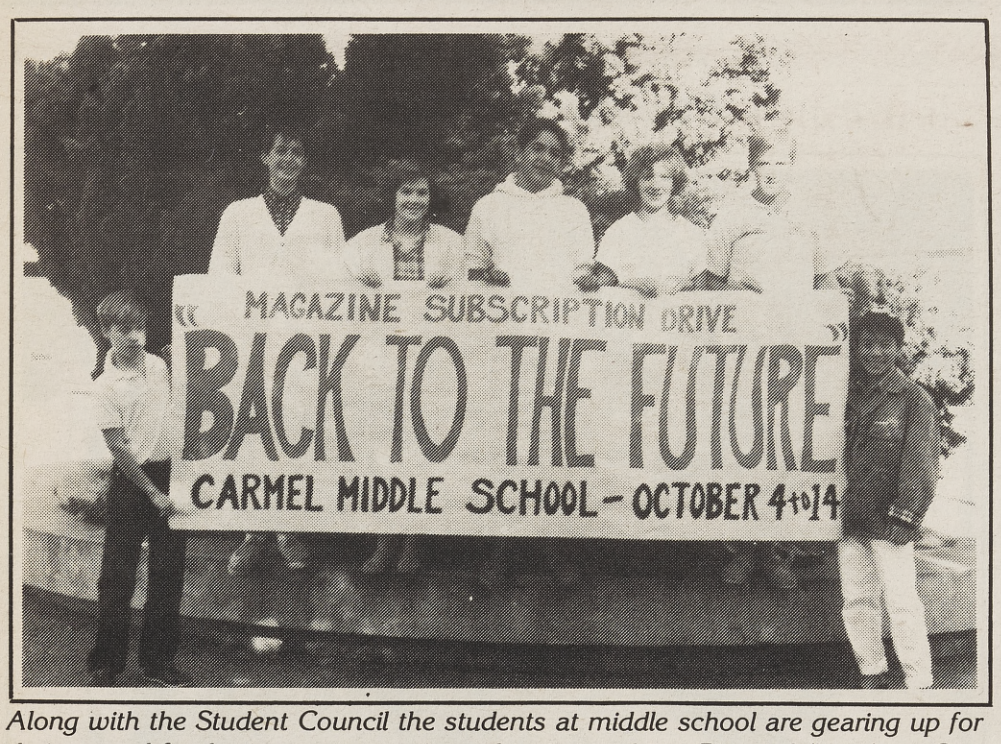

Along with the Student Council the students at middle school are gearing up for their annual fund raiser—a magazine subscription drive. Pictured (l to r) are Student Council members Josh Stratton, Stephen Beals, Sara Kessler, Devon Meheen, Margaret Snow, Tom Hawkins and Robbie Takigawa.

Middle School Magazine Drive To Start

The Carmel Middle School will be holding its annual magazine sale between October 3rd and 14th. This year's motto is "S.O.S."—"Save Our Subscriptions".

Each student participating in the fund raiser calls on members of his family and acquaintances to purchase or renew magazine subscriptions. Door-to-door solicitation is discouraged. The school retains 40 percent of the purchase price of each magazine subscription.

Funds raised are used to for both curriculum and extra-curricular activity programs, as well as classroom supplies. Among the previous benefactors were the Library, the Music Department and the Physical Education Department. According to Liz Snow of the Parent Club, the school expects to raise well over $8,000 on the project.

The sale is under the auspices of QSP, Inc., a subsidiary of the Reader's Digest Association, Inc.

FOCUS To Celebrate With Birthday Bash

Friends of the Carmel Unified Schools (FOCUS) will hold its annual birthday bash on October 12 at the Forest Theater in Carmel.

The fun begins at 6 p.m. and features a barbecue dinner, show, music, dancing and a raffle drawing. Costumes are optional for this "Come As We Were" party.

Local personalities like Barney Laiolo and Kay Holman will be on stage to entertain party goers. The dance band will play oldies but goodies, in keeping with the party theme.

Among the raffle items will be a Big Sur weekend, a Highlands Inn weekend, use of a Hawaiian condominium and a James Peter Cost painting.

Tickets are $30 per person (tax deductible). Reservations are preferred but tickets will be available at the door.

For further information or reservations call Jennefer Santee, day: 372-5805, evenings: 624-6147.

Carmel High Boosters Will Host A Silent Auction

The Carmel High School Boosters' Club will sponsor their Seventh Annual Silent Auction at 5 p.m. October 5 at the Carmel Youth Center located on Torres St. and Fourth Ave in Carmel.

Among the featured items to bid on will be a hot air balloon ride, Monterey Peninsula helicopter tour for four, rounds of golf for four at Pebble Beach, Carmel Valley Golf and Country Club, Rancho Canada and Carmel Valley Ranch, golf equipment, dinners at peninsula restaurants and art works.

Tickets are a $5 tax deductible donation and can be purchased in advance by contacting Pam Klaumann at 624-8759.

All proceeds benefit the Carmel High School athletic program and will be used for team uniforms and equipment.

Donations of items for the silent auction may also be made through Ms. Klaumann.

CVPOA Picnic Scheduled

An afternoon of fun and food will be part of the Carmel Valley Property Owners Association annual membership party. The event takes place from 1 to 5 p.m. October 13 at the Robles Del Rio Lodge.

Tickets are $6 per adult and $3 for children under 10 and include swimming, hors d'oeuvres, barbeque chicken, salads, wine, beer and dessert.

A forum on the proposed dam will also be presented. Featured speakers include Mary Ann Matthews, a member of the Master Plan committee, Sierra Club advocate and League of Women Voters Water Committee member; Bruce Buel, general manager of the Monterey Peninsula Water Management District; and Dick Heuer, member of the Water Management District board.

Reservations may be made by calling Shirley Nimmons at 659-4936.

Planetarium To Present Program On Halley's Comet

Due to the popularity of "A Comet Called Halley," the new star program at Hartnell College's J. Frederic Ching Planetarium, two performances will be given on Saturday evenings throughout the month of October. Show times for "A Comet Called Halley" are 6:00 p.m. and 8:00 p.m. on Saturday, October 5, 12, 19, and 26.

The program is an informative 45-minute sky show about the "dirty snowballs" we call comets and about the long-awaited return of Comet Halley. Come explore the fascinating past of Comet Halley and find out where and when you can sight the famed comet which has not been seen with the unaided eye since 1910.

Planetarium admission is $2.00 for adults and $1.50 for children and seniors. Tickets must be purchased at the door and go on sale 20 minutes before the scheduled show time. For this program, anyone 76 years or older will be admitted free. If further information is required, call 758-6941.

Diabetes Support Group Will Meet October 9

A free support group for diabetics, their friends and family members is to meet at 7:00 p.m. Wednesday, October 9, in the Main Conference Room at Community Hospital.

"Nutrition . . . from High Fiber to the Latest Scoop on Ice Cream" will be the topic presented by a dietitian and then discussed by the group, said Cindy Onufer, R.N., Community Hospital Patient Educator.

For more information, please call 625-4644.

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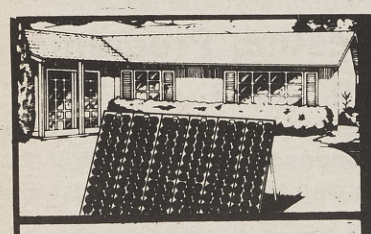

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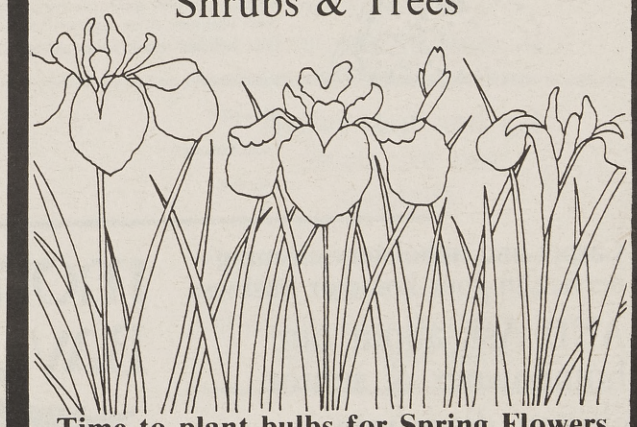

Time to plant bulbs for Spring Flowers
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Crosswords PLUS

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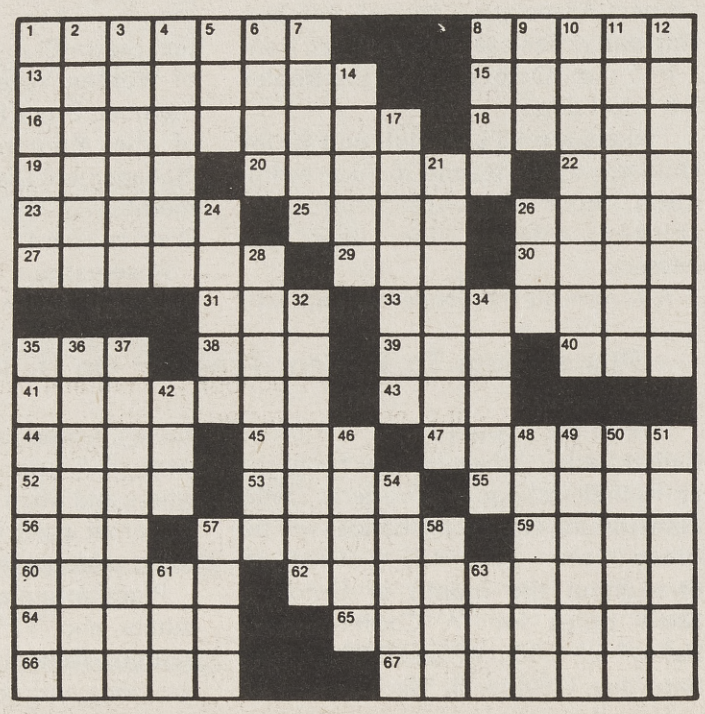
Proceed With Caution, by Arthur Schulman

ACROSS

1 Courtly lover in French literature
8 Nervousness
13 Too fond of one's wife
15 Mites
16 Visual purple
18 Base of a number system
19 Quack
20 Flocks of wild fowl
22 ABC, a la *Variety*
23 Oxlike antelope
25 Do's follower?
26 Most frequent value
27 Adsorbed substance
29 Bristle
30 Jannings
31 Forties' featherweight
33 Third word of *Moby Dick*
35 More of the same, for short
38 Copper head?
39 Ring ending
40 N and N
41 Dylan Thomas birthplace
43 Letter opener
44 Inlet
45 VA., N.C., etc.
47 Caches
52 Keep _____ (persevere)
53 Mud hen
55 Of atmospheric pressure
56 Frank Norris novel (with "The")
57 Sartre work
59 Painter from Montroig
60 Adman's concern
62 Northern grouse
64 Bristles
65 Einsteinium, e.g.
66 Drift
67 Paraffins

DOWN

1 Ancient signal to extinguish fires
2 Give off
3 Examine
4 Enthusiastic
5 Bithynian historian of Rome
6 Sorry!
7 Assyrian god of fire and light
8 Is dissonant
9 Fiddler crab genus
10 Chaillot resident, in a play
11 Prayer desk
12 7 o'clock on ship
14 Commune near Florence
17 Small-minded people?
21 Having a corrugated tread
24 Mythological golden bowl
26 Lady: Var.
28 West
32 Fog
34 Biblical mountain
35 Walter Mitty
36 Traitor
37 Form a vacuum
42 Clear
46 Commune in Piedmon
48 Tamino's beloved, in *Magic Flute*
49 (0,0), on a graph
50 Philippic
51 Bonnets worn by Lowland Scots
54 Blackbeard's real name
57 Penury
58 Vissi d'_____
61 Started, once
63 Tom



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New Directors Get Sworn In

New Carmel Valley Recreation and Park District Directors were sworn in by Fifth District Supervisor Karin Strasser Kauffman on September 19. A brief business meeting followed the ceremonies. During the meeting Ron Scholl was elected chairman, Randy Randazzo, vice chairman, Chuck Bosso, treasurer and Debby Saxton, secretary. Dates for regular meetings were also established. The board will meet the second Wednesday of each month at 7 p.m. in the Activity House. The next meeting is October 9.

Chapel Guild Luncheon Will Feature A Slide Show

The Carmel Valley Chapel Guild will hold its regular monthly meeting on October 9th at the Chapel Fellowship Hall on Village Drive.

The meeting, which begins at 12:30 p.m. will feature Reverend James and Mrs. Brown of the Peninsula Community Church. They will give a talk and slide show on their recent trip to Greece and Russia.

The meeting includes a pot-luck luncheon. Hostesses for the event are Bira Wells, Ann Rose, Peggy Mayfield and Marge Capon.

The Guild also announced that plans for the annual Chirstmas Bazaar, scheduled for November 16, are underway and bargain hunters should mark your calendars.

Toxic Wastes Workshop Will Be Held October 3

The Monterey Peninsula Water Management District and the League of Women Voters of the Monterey Peninsula are sponsoring a public workshop on toxic wastes, Thursday evening, October 3. The meeting will convene at 7:30 p.m. at the Monterey City Library Community Room, 625 Pacific Street. Two videos—"Toxic Chemicals, Information is the Best Defense" and "Household Toxic Wastes"—will be shown. A discussion on water quality and "right to know" ordinances is also planned. Members of the public are encouraged to attend and participate.

Alliance On Aging To Hold Annual Tea

The Alliance on Aging, Inc. will hold its annual meeting and tea on Thursday, October 3, at 2:00 p.m. at the Salinas Community Center, 940 North Main Street, Salinas.

Guest speaker will be the Honorable Richard Silver, Judge of the Superior Court.

Officers for 1985 to be installed are: Edith Karas, president; March Schumacher, vice president; Marie Rodoni, secretary; Stanley H. Kallick, treasurer. New board members to be installed are Morley Brown and John F. Powers.

Refreshments will be served.

Alliance On Aging Offers Interesting Programs And Defensive Driving Class

The Alliance on Aging meetings for the month of October feature a variety of topics. The Alliance meets every Friday at 11:30 p.m. at the Pacific Grove Community Center. Lunch is served for a minimal fee following the program.

Featured on October 4, will be "The Unknown Continent: South America. This presentation by Alfred Beerbaum, formerly with the Defense Language Institute, includes a slide show.

Rescheduled from an earlier date, on October 11, Nick Nicholson will read a 1946 excerpt from *Reader's Digest,* "When Krakatoa Blew 'Up." There will also be an update on Krakatoa read by Adeline Robinson.

Podiatrist, Anne Marangoni will be the featured speaker on October 18. With a slide show she will discuss "Senior Foot Care."

"International Dolls and Music" will be presented on October 25, by George Sagonowsky. He is a doll collector as well as a singer, pianist and guitarist.

•

On October 22 and 23, the Alliance on Aging along with the American Association of Retired Persons will present another defensive driving class. The class will meet both days from 8:30 a.m. to 12:30 p.m. at the Pacific Grove Community Center, 515 Junipero.

The emphasis for senior drivers will be on review of the laws, driving problems, how physical changes of age affect driving and how they can be compensated for. Volunteer instructors are Nick and Novella Nicholson.

There is a fee that goes to the AARP.

For more information on the defensive driving program call 659-2172.

Britney Silveria and Patricia Fabre of Carmel Valley won the grand entry matched pairs at the Carmel Valley Trail and Saddle Club 30th Annual Fall Horse Show. Their colorful ponies were a snappy addition to the two-day event. Photo by Christina F. Halle.

Fall Horse Show Proves To Be Successful

The Carmel Valley Trail & Saddle Club's 30th Annual Fall Horse Show proved to be a winning day! Many local riders were among the standings, and spectators and helpers alike were treated to a fanciful Grand Entry parade each day.

Without the hard work of supporters, helpers and the horse show committee, the show would not have been such a success. The Club wishes to thank all those involved, especially these sponsors: *English Division,* Dick and Jane Barelli, John and Heather Bommarito, John and Ty Conklin, California State Horseman's Association, Jim and Susan Dougherty, Chuck and Valerie McKay (McKay Business Services), Ginnie Drew, Mr. and Mrs. Dale Eberly, Tom and Judy Gladney (M.J. Murphy, Inc.), Tim and Julie Heaston (Farm Center Country Store), Gwen Heiland, Jo Hines, Judith Hunt, Judi Leavelle (Animal Farm), Pete McBean, Jim McPharlin, Jim Poulos, Richard and Evelyn Zoellin, and Wesley Martin (Quality Transmission).

Western Division, Jack Axelrod (Running Iron), Terry and Louise Bishop, Bill and Allison Burleigh, California State Horseman's Association, Carmel Valley Trails Association, Al and Sandi Christensen (Sandi's Fashions), Stew and Sandy Clough (Stew's Plumbing), Gina Halle, Ed Hubbard, James Lyles, Randy Randazzo (Carmel Valley Market), Susan Saunders (Sweet Retreat), Green and Slade Accountants, Jonas Soboleski (Village Beauty Shoppe), Elaine Taylor, Rana and Ray Titus, Dr. and Mrs. James Thompson, Captain and Mrs. Joseph Tully, Dale Vandervort, Bill and Dorothy Welch, Reid, Karen and May Woodward. H. Hunt, and Mike Kucher (Kasey's).

The Carmel Valley Trail and Saddle Club is looking ahead to its series of winter schooling shows (tentatively scheduled for the second Sunday of each month, November through Friday) and hopes that you will join in its 1986 show season!

Little League Needs Volunteers For 1986 Board

The Carmel Valley Little League is now forming the Board of Directors and officers for the 1986 baseball season. Those interested in serving as a member of the board should contact Fred Herro, 659-4802 or Robin Boehlje, 659-3047. Nominations are due by October 14.

The Carmel Valley Little League is open to children 8-12 years of age. Interested parents can learn more about the Carmel Valley Little League also by contacting Mr. Herro or Mrs. Boehlje.

Outdoor Enthusiasts Can Participate In Nature Walks And Hikes

Nature walks, a bike ride and a hike are among the upcoming outings scheduled by the Sierra Club.

A bike ride through the apple orchards north of Watsonville is the trip scheduled for Saturday, Oct. 5. Bikes should be in good condition. Participants can meet at World Savings in the Del Monte Center at 9 a.m. or at the parking lot across from the Buddhist Church, just off Riverside Drive in north Wastonville at 9:45 a.m. Riders will need to bring a lunch and water. Leaders are Bev and Chet Gadaire, 375-8995.

On Sunday, Oct. 6 a natuure walk through the Elkhorn Slough National Estuarine Sanctuary is planned. The group will start at the recently opened center and proceed on new trails and walkways to good birding areas. Binoculars and lunch are suggested. Walkers should meet at the Del Monte Center near World Savings at 9:30 a.m. or at the sanctuary, 1700 Elkhorn Road, at 10:15 a.m. Leaders are Peter Young, 633-4782 and Dawn Cope, 649-3423.

A hike through Mt. Madonna is the plan for Saturday, Oct. 12. This trip includes a moderate 7 mile loop hike. Lunch, Water and a $3 carpool donation are suggested. Hikers will meet at the Del Monte Center World Savings at 8:30 a.m. for the 38 mile drive via Watsonville and Hecker Pass Highway 152, or meet at Sprig Lake at 9:30 a.m. Leaders are Bill Bleick, 372-6738 and Carmen Remenyi.

Also scheduled for Oct. 12 is a morning walk on the Carmel River. This is a joint trip with the Carmel River Watch, Audubon Society and CNPS to survey the status of riparian vegetation in the vicinity of Cal-Am's wells between Garland Park and San Carlos Road. Problems of the river will be discussed by specialists in wildlife habitat, plants and erosion. Participants will meet at Garland Park parking area at 10 a.m. and will car caravan to other locations. Sturdy shoes are advised and a snack and water are optional. Coordinator is Darby Worth, 624-7494.

Al Unser Jr. Must Fight To Keep Lead During 28th Annual Nissan Grand Prix

Al Unser Jr., clings to a precarious five-point lead this week as the CART/PPG Indy Car World Series heads for Laguna Seca Raceway and the 28th Annual Nissan Monterey Grand Prix.

The Stroh's 300 for Indy Cars will be the feature of this October 5 and 6 weekend, which is being presented by the bottlers of Cherry Coke.

Young Unser is leading his father by the five-point margin heading into the Laguna Seca round, which is the third from the end of the 1985 season. Thus, points gained on this twisting 1.9-mile, nine-turn circuit could be pivotal in determining the new national champion.

There are a dozen drivers who still have a mathematical chance for PPG Pub honors. Unser Jr., has 106 championship points to date. His father has 101 and defending PPG Cup champion Mario Andretti has 100.

The Stroh's 300 will be just a part of this, the year's last presentation by the Sports Car Racing Association of the Monterey Peninsula. Other events on the schedule include the Harvey's Mazda Pro Series, featuring the Earl's performance 100; the popular Nor-Am Pro Fords and the Robert Bosch Super Vee Series.

All of the main events will be on Sunday, Oct. 6. Friday and Saturday activity will be reserved for practice and qualifying. Fans holding weekend tickets and camping permits will be admitted Friday. There are no individual tickets available for Friday or Saturday.

Tickets are available now at BASS Ticket Centers, Ticketron Outlets and TicketMaster locations. Tickets can also be charged by phone, by calling the Laguna Seca Office, 373-1811 weekdays between 9 a.m. and 5 p.m.

Advance ticket prices begin at $13 for Sunday's general admission. Two-day general admission tickets, Super Tickets and VIP credential are also available.

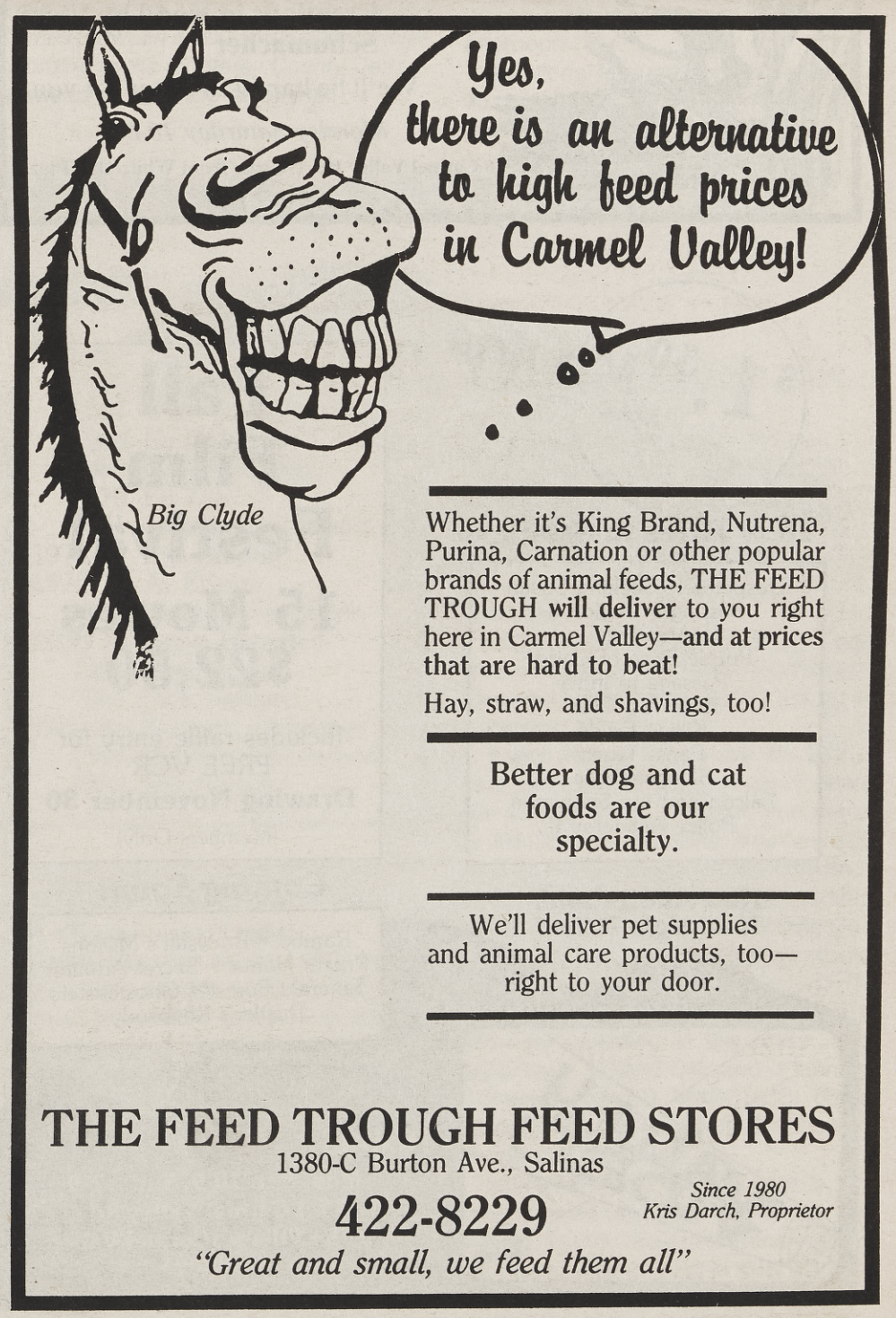
Audubon Outings Offer Premium Birding

Upcoming events for the Audubon Society were announced and include a Board of Directors Meeting, a general meeting and an outing.

The Board of Directors will meet on Thursday, Oct. 3 at 7:30 p.m. in the Monterey Public Library. Interested members are invited to attend.

A General Meeting is planned for Thursdday, Oct. 10 at 7:30 p.m. at the Canterbury Woods Auditorium, 651 Sinex Ave, Pacific Grove. The program includes a slide presentation on the National Audubon Energy Plan. A short business meeting and refreshments will follow. The meeting is free and open to the public. public.

Problems of the riparian habitat will be discussed during a nature walk on the Carmel River at 10 a.m. on Saturday, Oct. 12. The walk is in conjunction with the Carmel River Watch. Participants will meet at Garland Park. For more information contact Darby Worth, 624-7494.



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ENTERTAINMENT

The Tokoyo String Quartet Will Kick Off The Chamber Music Concert Series

The Tokyo String Quarter will open the 18th season of concerts presented by the Chamber Music Society of the Monterey Peninsula on Friday, October 11, at 8 p.m. at Sunset Theater, San Carlos and Ninth, Carmel.

The Quartet in its fifth visit to Carmel, will perform Haydn's Quartet in G major, Op. 76, No. 1; Schubert's Quartet in A minor, Op. 29; and Beethoven's Quartet in C-sharp minor, Op. 131. Members of the ensemble are Peter Oundjian, violin, Kikuei Ikeda, violin, Kazuhide Isomure, viola, and Sadao Harada, cello.

The Tokyo Quartet is celebrating its 15th anniversary this season having become one of the world's great quartets. The Quartet regularly performs in the music capitals of the world and during its 15th anniversary season will make two tours of Europe; visit Paris for a series of six concerts; perform in Finland, Japan, and the Far East.

In North America the Tokyo String Quartet regularly appears in distinguished chamber music series. It has performed many times in all of New York's major halls, including concerts on Lincoln Center's "Great Performers" series, Carnegie Hall's "Great Quartets" series, and Avery Fisher Hall's Mostly Mozart Festival. The Quartet appears annually at the Corcoran Gallery of Art in Washington, D.C. and Yale and American Universities, where the members are artists-in-residence.

Membership in the Chamber Music Society with season tickets is $30. Single tickets are $8 ($4 for young people under 18) and available at the door before each concert. For information call 372-5981.

Meet The Egomaniacs

Magie Gillette, Lawrence Nass and Sheri Glaser are the madcap artists behind the Egomaniacs, the popular comedy improvisational group. Both Gillette and Glaser are formerly of the "Hot Flashes" but have taken their unique brand of hilarity and added the musical magic of Nass. The result is an unforgetable evening of the side-splitting kind. The Egomaniacs will be bringing their improbable comedy to the Monterey Peninsula College Music Hall on October 4 and 5. Show time is at 8 p.m. Tickets are $7.

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— Ceramics from Calico Alley
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Symphony Orchestra Concert Opens With Flutist Julius Baker

The Monterey County Symphony Association will open their schedule of concerts for the 1985-86 season on October 13 and continue on October 14 and 15.

Under the direction of Maestro Clark E. Suttle, the Symphony's opening concerts will feature Julius Baker.

A world-class flutist of the premier rank, Mr. Baker is a veteran world traveller, scheduling performances, teaching activities, recording and music festival appearnaces from New York to Japan, and California to Sweden on an annual basis. He will be performing the *Concerto for Flute* by Carl Nielsen. Verdi's *La Forza Del Destino Overture* and Dvorak's popular *New World Symphony* will also be featured.

The concerts featuring Mr. Baker will begin at 8 p.m. on Sunday evening (Oct. 13) at King Hall, Naval Postgraduate School in Monterey, on Monday evening (Oct. 14) at Sunset Theater in Sunset Cultural Center in Carmel, and on Tuesday evening (Oct. 15) at Sherwood Hall in Salinas. Tickets for all three halls are available at the Monterey County Symphony Office, Room 7 at the Sunset Cultural Center in Carmel.

For more information call the Ticket Manager, Gale Peak, at 624-8511 or 758-3594.

Violinist Will Appear In Rare Performance

The famed Italian violinist Uto Ughi will appear in a rare American performance at Sunset Theater, Carmel, on Saturday, October 12, at 8:00 p.m., presented by the Carmel Music Society.

His program for the Carmel concert will include *Sonata in Re Maggiore* by LeClair, *Sonata No. 9 in La Maggiore, op. 47,* the *Kreutzer* by Beethoven, *Four Romantic Pieces* by Dvorak, *Suite Italian* by Stravinsky, and *La Campanella* by Paganini.

This concert is dedicated to Mrs. Allen Griffin in recognition and appreciation of her long-time support for the Carmel Music Society.

Some tickets will be available at Bartlett's Music, Carmel; Do Re Mi Music, The Barnyard, Carmel; Abinante Music, Monterey; and The Bookworks, Pacific Grove. Prices are $10, $11, and $12. For more information call the Carmel Music Society, 372-1226.

$1.50 Movies
(With Coupon Book)

New Titles in Stock:

Desperately Seeking Susan
Missing in Action II
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Passage to India
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15 Movies
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ON FIRE
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"To Preserve, Protect and defend the Natural Beauty and the Resources of Carmel Valley

October 1985

CARMEL VALLEY PROPERTY ASSN.

NEWSLETTER

Carmel Valley Sun Supplement

MAKING THE GRADE

A caterpillar tractor breaks through the last ridge over Laureles Grade as the road is built during the 1940's. This photograph was taken by Tom Augustitus, a long-time resident of the Valley. Today Laureles Grade carries between 4,000 and 5,000 vehicles a day. More traffic is projected as development of the Valley continues. In 1985-86, according to the Monterey County Department of Public Works, parts of the road will be re-surfaced and guard rails will be replaced to minimize accidents.

PICNIC!

- **Date: Sunday, October 13**
- **Site: Robles Del Rio Lodge**

Mark your calendars and make those reservations now...as the Carmel Valley Property Owners Association is putting on an entire afternoon of fun and interesting activities on Sunday, October 13.

From 1 to 5 p.m. at Robles Del Rio Lodge, attendees will be able to swim, enjoy wine donated by Carmel Valley's very own Durney Vineyard, feast on a buffet lunch at poolside and cap the day by listening to a forum on the proposed dam.

Forum speakers will be Mary Ann Matthews, Master Plan committee member, Sierra Club advocate, and League of Women Voters Water Committee member; Bruce Buel, general manager of the Monterey Peninsula Water Management District; and Dick Heuer, member of the Water Management District board.

A registration form can be found on page three. Reservation requests are to be sent in or made by phone no later than Monday, October 7.

The lunch will include hors d'oeuvres, barbeque chicken, four types of salads, galric bread, wine, beer and dessert. The barbeque will be prepared by ON-TRAYS, a Carmel Valley catering service.

Tickets are $6 per adult and $3 for children under 10. Don't be left out! Count yourself, families and friends in as soon as possible by mailing the reservation from page three. It promises to be an enlightening and informative afternoon.

Additional information can be obtained by calling SHIRLEY NIMMONS, CVPOA Coordinator, at 659-4936.

CVPOA past presidents recount years in office

Newsletter marks 36th anniversary of CVPOA

This newsletter is being published to mark the 36th anniversary of the formation of the Carmel Valley Property Owners Association.

In April, 1949, a small group of concerned property owners, led by Miss Orre Haseltine, met at Holman's Guest Ranch to organize the new association. The minutes of those early meetings show that the concerns of the first board of directors, under President William Wood, were very much like those of today's board.

Thirty-six years later the problems then addressed are familiar ones: traffic safety on the Valley road, the condition of the Carmel River, the Master Plan, provisions for parks and recreation and saving our valley trees.

In February, 1957, there was much discussion about the "hazardous" eucalyptus trees along Boronda Road. Residents of the Valley voted overwhelmingly to retain the trees. Zoning, the Fire District, the dam—the new CVPOA had a great deal of work ahead of it.

The roster of past presidents is published as a tribute to a group of car-

Continued to page 3

ROSTER OF PAST PRESIDENTS OF CVPOA

1949 William Wood	1965 St. E.P. Tyner
1950 Ernest Dawley	1966 Rex Pryer
1951 David Hoisington	1967 C.L. Underwood
1952 J.L. Underhill	1968 Emil Hansen
1953 Harold Sand	1969 Roy Kaminske
1954 Paul Jones	1970 Ed Lee
1955 Ed Haber	1971 George Sackman
1956 L.W. Klene	1972-74 Bill Brown
1957 Dudley Swim	1975-76 Al Eisner
1958 Claude Dillavou	1977 Hannah Davidson
1959 R.O. Bare	1978-79 Doug Despard
1960 Grant Fletcher	1980 Earl Moser
1961 J.L. May	1981 Jack Sassard
1962 Jack Uzzell	1982-83 Richard Dalsemer
1963 John Sigourney	1984 Robert Greenwood
1964 George Brown	1985 Jerry Foote

ED HABER—1955

The CVPOA, when I was president, hired a land-planning group, which recommended that in order to stop overbuilding in Carmel Valley, a one-acre minimum site be established. There was considerable objection, at the time, to having a site as large as one acre be the minimum, but at least it did pass and held down growth.

The second accomplishment was to define what commercial areas existed at the time, i.e. the mouth of Carmel Valley, the Wolters market, the Farm Center area at Mid Carmel Valley, and the Village in upper valley.

There was also considerable objection to this proposal, but it did pass and at least stopped the proliferation of commercial areas. It was feared at the time, as it should be today, that the Valley could have looked like El Camino Real, which runs from San Francisco to San Jose and is one solid mass of commercial properties.

As I recollect, establishing that Master Plan, at that time, was the largest single Master Plan (20,000 acres or more) accomplished in the whole state.

ROY KAMINSKE—1969

In the early 1960s there was much ill will between the CVPOA and the board of supervisors and between the CVPOA and other elements in the Valley because of differing stands over the development of Hacienda Carmel and Del Mesa.

I don't know whether or not there was a connection, but CVPOA membership dwindled to slightly more than 400 at the beginning of 1969.

It was difficult to turn out the 25 per cent necessary for a quorum to make the annual meeting official. Fortunately, the Community Center only held 100 so that the meetings looked crowded.

By the end of 1969, the membership had doubled. The annual meeting was moved to Tularcitos so that we would have enough space. JOHN WOOLFENDEN did a spectacular job of accurate reporting to the press...and supervisor BRANSON and Planning Commissioner ED MARCUCCI could come to meetings without fear of being tarred and feathered.

We failed to get a slope density formula passed because, frankly, we got greedy, but the most important feature, i.e. no building on slopes over 30 percent, was later adopted by the county.

CVPOA CURRENT AFFAIRS

THE PRESIDENT'S MESSAGE

By Jerry Foote

Recent board actions since our May newsletter include:

Chateau Julien

There have been some misunderstandings as to the issues involved in the expansion of the Chateau. Gene Erner's piece on this page explains the actions.

Carmel Valley Recreation District

The board supported its formation to promote the by-laws provisions for services such as parks for the benefit of the community.

Median Strip (see article in this issue)

Under ROD MILLS' direction, contributions of time, labor, and donations were pursued. Checks have been received from Rancho Canada, Hacienda Carmel, Del Mesa and the Carmel Valley Garden Association. Our thanks to each of these associations.

Tularcitos Aquifer

Drilling on the Carmel Valley Ranch was begun under the direction of the Monterey Peninsula Water Management District to try to locate an additional water source for the peninsula. This came about as a result of the suit brought by CVPOA; we have been monitoring the project carefully. As we go to press, water has been found and pumping tests will proceed.

Jerry Foote
CVPOA President

Telephone Tree volunteers needed to inform members

CVPOA has a telephone tree consisting of a phone network used to complement the newsletter in notifying the membership of important events or passing on information that is time perishable.

The telephone tree consists of several layers of information passers. The first is the overall coordinator who receives the information to be relayed from the president and prepares a brief message.

It is then passed on by phone to eight "Super Captains." These people, in turn, phone an assigned group of about 10 captains to give them the message. The captains each have a prepared list of 10-15 CVPOA members they call to deliver the information.

The phone tree is used only two or three times every year. Each captain devotes perhaps one to two hours of time during each activation of the tree.

New captains are always needed. Anyone who wishes to volunteer for one of these positions is invited to call any board member or officer of CVPOA.

CVPOA CALENDAR

October 9	Monthly Board meeting. Walter Wong will report on the septic tank study. Service Center report. Interested members are invited to attend.
October 13	CVPOA Annual party from 1 p.m. to 5 p.m. at Robles Del Rio Lodge.
October 23	Earl Moser Dinner. For information, call Jerry Foote at 659-5379.

CHATEAU JULIEN

CVPOA outlines its stance on winery issue

by Eugene Erner
Vice President, CVPOA

Recently, the operations of Chateau Julien winery became an issue in the Carmel Valley.

The question was whether the winery was operating within the parameters of *the use permit issued in 1982.*

CVPOA Directors had received a number of complaints relating primarily to two facets of Chateau Julien operations. The first was the lighting, considered by many NOT to be unobtrusive, harmonious with the local area, nor was offsite glare adequately controlled, all of which are required by the use permit.

The second was the apparently large number of events, both public and private, being held that generated considerable traffic and, on some occasions, off-site parking along Carmel Valley Road shoulders...blanket invitations in newspapers, evidencing a loose interpretation of the use permit requirement that wine tasting be by invitation only.

CVPOA, as a result, requested county officials to schedule a review of the use permit. At this hearing, a number of people spoke in favor of Chateau Julien's operations. Much of the support focused upon the charitable events that *have been periodically held.*

CVPOA spoke in opposition, asking the Monterey County Zoning Administrator to make a decision based on evidence of use permit violations rather than on peripheral issues, such as the support for charitable activities. CVPOA did not specifically oppose these.

The Zoning Administrator found that Chateau Julien was violating its use permit. He added some language to the permit to clarify what was authorized. The Chateau Julien ownership appealed this decision to the Monterey County Board of Supervisors.

In the interim between hearings, at the request of the Zoning Administrator, a committee appointed by the CVPOA Board of Directors met with the owner of Chateau Julien in an effort to ameliorate the restrictions in the use permit, yet satisfy the objections that CVPOA presented.

Ultimately the CVPOA Board of Directors arrived at a position opposing usages at the winery that could generate intensive, tourist-type operation, yet allowing a broader interpretation of the use permit to accommodate those activities and events primarily involving local participation.

Summarized, the CVPOA recommendations would have allowed a total of 1,500 auto trips into the winery per month (the Zoning Administrator had ruled on essentially 900 trips a month). Accurate records, available for public inspection would have to be maintained.

Within the limits of these 1,500 trips, the winery could conduct tours, wine-cooking classes and small dinners, all focusing on the presentation of Chateau Julien wines.

Charitable, fundraising events could be held by pre-arrangement with the county and also within the numbers authorized. Other public and private functions, such as receptions, weddings and such would not be authorized. This position was presented to the Board of Supervisors at the appeal hearing.

This position became moot when the Board of Supervisors voted unanimously that the Zoning Administrator had ruled properly in his previous hearing—that Chateau Julien was in violation of its use permit—and that, due to the current court-imposed moratorium in effect in Carmel Valley, no change to the permit could be authorized as it would constitute an intensification of use.

The CVPOA Board of Directors believes the interests of the broad spectrum of members and other Carmel Valley residents was well represented in this case by CVPOA opposing the flagrant use permit violations, yet attempting to construct a reasonable solution that would be satisfactory to the greatest number.

MEMBERSHIP: Dues, Contributions, recruiters guide CVPOA

Every dollar amounts to effectiveness

CVPOA relies entirely upon membership dues and contributions to make up its budget. Without this help, the extensive work done by volunteers and committee members could not be implemented.

We particularly thank those members who, now and through the years, make contributions over and above their dues to support CVPOA and its work. Every dollar makes us more effective in representing the membership interests, and every increase in membership gives us more clout in the right quarters.

Please see the membership invitation included in this issue. If you are not now a member of CVPOA, clip the coupon, attach your check and mail to CVPOA, Box 157, Carmel Valley, CA. 93924, thereby joining your neighbors in keeping the Valley a unique place to live.

—THE MEMBERSHIP COMMITTEE

Edith Alt

Edith Alt: Championship recruiter

Indefatigable and ever-ebullient EDITH ALT is CVPOA's champion membership recruiter.

During the month of June, Edith volunteered her time to telephone prospective members throughout the reaches of Carmel Valley.

After some 400 telephone calls, 105 new members joined CVPOA. No wonder the board of directors, in grateful appreciation, voted Edith Alt as a life member of CVPOA!

Board expresses gratitude for a job well done

The CVPOA board would like to express its gratitude to the following members who have given many hours of work to the membership drive, distribution of the newsletter and manning the booth at Fun in the Sun Day:

- Earl and Lois Moser
- Herb Holbrook
- George & Helen Fortune
- Lilian Stevens
- Carlyle Mothersill
- Natalie Eberly
- Charles & Mary Tillinghast
- Patricia Sorri
- Catherine McCloskey
- Phyllis Burkey

SERVICE CENTER EXPLORATION—Members of CVPOA's Board of Directors and other Valley civic leaders listen attentively to Stew Clough (left, back to camera) explain plans for a service center projected on the former Rancho Don Juan west of Garland Park. Left to right in photo are: Clough; Roger Williams, chairman, Village Improvement Committee; Richard Dalsemer; Howard Judson; Don Higgins; Bill Parham and Dr. James Thompson. (Photo by R.T. Nimmons)

BUDGET

1985 breakdown provided

CVPOA OPERATING BUDGET 1985

INCOME

1. Dues-contributions (1,300 members)	$ 9,750
2. Other	300
3. TOTAL	$10,050

EXPENSE

4. Printing-Xerox	$ 1,100
5. Postage	700
6. Office Supplies	400
7. Mileage	400
8. Meetings	500
9. Advertising	100
10. Insurance	300
11. Coordinator	3,000
12. Legal	250
13. Computer	550
14. Miscellaneous	478
15. TOTAL	$ 7,778

Money spent to accomplish CVPOA's programs and goals is supervised by Treasurer JOHN TIERNAN under a budget that the board of directors approves at the start of each year.

Revenues come entirely from member dues and contributions. This year's revenues are predicated upon a membership strength of 1,300. At present there are 1,097 members...203 short of our goal.

Here is the 1985 budget showing how CVPOA spends its money on behalf of ALL residents of the Valley. If you are not a member, clip out the "YES" coupon elsewhere in this edition and invest YOUR dollars in our common cause.

Median Strip Gift

Sparked by a gift of $1,000 from the Carmel Valley Property Owners' Association and a hardy band of Valley volunteers, the median strip at the base of Carmel Valley Road took on a new look in 1983-85.

Under the expert guidance of landscape specialist ALICE MEHDY, the median strip was cleaned, weeded, planted with native shrubs, flowers and plants, and generally beautified.

Monterey County Public Works, the California Conservation Corps, and the California Native Plant Society, together with many Valley volunteers, all played a role in the project.

A guiding spirit in the entire enterprise was KARIN STRASSER-KAUFFMAN, then a member of the CVPOA board of directors, and now Fifth District Supervisor of Monterey County.

Past presidents reminisce

ED LEE—1970

In 1970, a committee of the CVPOA had failed, after two years effort, to persuade the Board of Supervisors to enact a Hillside Zoning ordinance. Now, when the Carmel Valley Master Plan is finally adopted the goals of that ordinance will be codified.

The CVPOA took the issue of the predicted destruction of the Carmel River and its fish and wildlife to the Public Utilities Commission. With its prescience confirmed by history as it has now been, the board of that time would have been appalled to know that it would take so long before the people would be allowed to vote on the dam which could save the river.

Lastly, that year's board, in its wisdom, recommended construction of a Hatton Canyon highway.

DOUG DESPARD—1977-79

Several large developments including Carmel Valley Ranch, Marriott Lodge at Rancho Canada, Mark Tennis Resort (now White Oaks) and many others, all came into focus during these active years. From being a watchdog for the Valley, we suddenly found ourselves embroiled in many conflicts. Some, we were successful in stopping early in the game; some we were able to persuade the powers in Salinas to cut back or make more palatable; others we were steamrolled into accepting.

But, most of all, we made our presence known.

We succeeded in getting the Air Quality Monitor reinstalled in Carmel Valley in a permanent site near the Village. Just these few words can't possibly explain the hard work and dedication of a very few in order to represent the interests of many.

RICHARD DALSEMER—1982-83

The years 1982 and 1983 were active times for CVPOA...membership was at an all-time high and we had an active board. Our concerns included the Master Plan, Hatton Canyon, the C.V. Ranch and the C.V. River Management Plan.

We began our continuing support for Valley service centers and our ongoing, if gradual, campaign to improve the center strip's appearance. We were also instrumental in having air pollution monitoring reinstituted in the Valley and were successful, through litigation, in preventing the C.V. Ranch from ignoring the requirement that, where feasible, its water outside Cal-Am's service area must come from the Tularcitos acquifer.

Two other areas with which CVPOA became successfully involved were the effort to see that Chateau Julien adhered to use permit requirements and opposition to allowing Rancho San Carlos to build 3,800 units, a country club, a hotel and a retail center.

During 1982 and 1983 the board addressed all of these and many other matters and was usually successful in carrying out the wishes of the membership.

CVPOA Anniversary

Continued from page 1

ing, farsighted residents of the Valley who guarded and guided its development towards what it is today. It can be said without any reservation that, without the work of these citizens, the Valley would have gone the way of so many pleasant California valleys which have been developed badly.

BOARD OF DIRECTORS

- Jerry Foote, President
- Gene Erner, Vice President
- Barbara Olson, Recording Secretry
- DeDe White, Corresponding Secretary
- John Tiernan, Treasurer
- Victoria Andrews
- David Armanasco
- William Cusack
- Robert Greenwood
- Don Higgins
- Howard Judson
- Rod Mills
- R.T. Nimmons
- Charles Tillinghast
- Shirley Nimmons, Coordinator

A LOOK AT CVPOA

WHAT IS THE CVPOA?

The CVPOA is a **non-profit** organization of **property owners and residents** of Carmel Valley, fundamentally oriented toward far-sighted planning of land use, in harmony with the **natural environment**.

WHAT DOES THE CVPOA DO?

The CVPOA serves the membership and others of similar interests by:

(a) providing **public forums** for exchange of information and discussions on current issues (zoning, roads, water).
(b) **representing** the views of the **membership** at County hearings in Salinas (subdivision developments, use permits, variances)
(c) conducting polls and distributing questionnaires to assess the **opinions** of the membership on current issues
(d) providing **newsletters** and notices of forthcoming hearings of interest to the membership
(e) proposing **guidelines** and model ordinances to the county government enhancing **good land use** (Carmel Valley Master Plan, hillside conservation zoning, flood plain zoning)
(f) assisting in the formation of **local public service agencies** (Fire Districts, Conservation Districts)
(g) **assisting other** organizations with **similar goals** (neighborhood property owners associations, Sierra Club)

WHO CAN BE A MEMBER?

Any **person owning property** in Carmel Valley can be a voting member upon payment of the annual dues

HOW DOES ONE JOIN CVPOA?

Come to one of the regular meetings or send your name, address, and $7.50 dues $15.00/couple, for property owners; $6.00 per person and $12.00/couple for non property owners, as well as a **contribution** (if you care) to CVPOA, BOX 157, CARMEL VALLEY 93924.

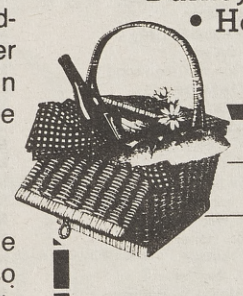
RESERVATION FORM

COME TO THE PICNIC

Enclosed is my check to cover reservations for the CVPOA Barbeque, to be held from 1 to 5 p.m. on Sunday, October 13 at the Robles Del Rio Lodge in the Carmel Valley.

I understand that these are some of the things I can look forward to:

• Lunch, including BBQ chicken, salads, bread, Durney Vineyard wine, beer and dessert • Swimming • Hors d'oeuvres • Forum on the proposed dam



_____ adults @ $6 each = $ _____

_____ children (under 10) @ $3 each = $ _____

Amount of enclosed check $ _____

Name(s) _____

Address _____ Phone _____

Additional information can be obtained by calling Shirley Nimmons, CVPOA coordinator, at 659-4936.

PLEASE MAKE RESERVATIONS BY MONDAY, OCTOBER 7

Mail form and check to: CVPOA, Box 157, Carmel Valley, CA 93924

CVPOA
Box 157
Carmel Valley, CA 93924 **Yes** I (we) want to join CVPOA.

Mr. Mrs.
Miss Ms.
Last Name First Name

Mr. Mrs.
Miss Ms.
Last Name First Name

Home or C.V. Property Address Zip

Mailing Address

Home Phone ☐

Business phone ☐

Check where you wish to be called.

No phone calls ☐ No mail ☐

Property Owner(s)
Couple $15 ☐
Single $7.50 ☐

Resident Non-owner(s)
Couple $12 ☐
Single $6 ☐

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Mr. Graham G. Adams
Mr. and Mrs. John O. Adams
Mr. Jack Addison
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Mr. Richard H. Robinson
Mrs. Permelia M. Roeber
Miss Virginia S. Rogers
Mr. and Mrs. Frederick Roll
Mr. and Mrs. Richard A. Rosen
Ms. Dorothy Ross
Mrs. Julian F. Rowe
Mrs. Miriam C. Rowley
Mrs. Ada Roxbury
Mr. William H. Rusher
Mr. and Mrs. George D. Russell
Dr. and Mrs. Harvey S. Sadow
Mr. Lionel Salin
Mr. and Mrs. Alan W. Sandstrum
Dr. and Mrs. Dudley P. Sanford
Col. and Mrs. Chester C. Sargent
Mr. Jack Sassard
Mr. Thomas J. Saunders
Mr. and Mrs. Ralph D. Saylor
Mr. and Mrs. Richard H. Scammon
Mr. and Mrs. Mark A. Schlegel
Mr. and Mrs. Frederick P. Schmitt
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Dr. and Mrs. Gustave B. Schunke
Mr. John P. Scroggs
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Mr. and Mrs. Harold A. Seramin
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Mr. and Mrs. Reeford P. Shea
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Mr. and Mrs. Robert B. Sheppard

Mrs. Margaret Totman
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Cdr. Walter F. Toy
Mr. Rufus A. Tracy
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Mr. John N. Van Zander
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Col. and Mrs. Charles G.F. Wahle
Mr. and Mrs. Allen Waldo
Mr. and Mrs. Robert S. Wallace
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Capt. and Mrs. Conley R. Ward
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Mr. and Mrs. Jeffrey C. Watts
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Capt. and Mrs. James M. Webster
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Mr. Ernest R. Wenzel
Capt. and Mrs. E.H. Werdelman
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Mr. and Mrs. William L. Wheaton
Rev. and Mrs. Charles F. Whiston
Mr. and Mrs. Harry J. White
Mrs. Margaret S. White
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Dr. Ben T. White, II
Mr. and Mrs. Charles N. Whitehead
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Mrs. Elizabeth J. Winters
Ms. Sallie L. Witter
Mr. and Mrs. Philip R. Wood
Mr. and Mrs. William D. Wood
Mr. and Mrs. John R. Woolfenden
Mr. and Mrs. Stanley J. Worth
Ms. Judith A. Wyckoff
Dr. and Mrs. Gerald A. Wyker
Mr. Ralph Wyllie
Mr. and Mrs. Russell Zaches
Mrs. Kathryn R. Zapp
Mrs. Elizabeth W. Zeligs
Mr. and Mrs. James G. Ziegler
Mr. and Mrs. E. Zubler
Mr. and Mrs. William Zumach

Local Reception Will Feature Wood Carvings

Photo by Debi Effron.

Mark Andrew at work on his wood sculptures.

Wood sculptor, Mark Andrew, and his carvings will be featured at a reception hosted by Patricia Condren. The reception is October 6, from 3 to 6 p.m. at 37 W. Garzas. The public is invited to attend.

Over a dozen pieces will be available for viewing. In his work, Mr. Andrew works with the grain of the wood to produce his three dimensional pieces. In his pieces he has successfully captured birds in flight, fish jumping in the water and the sentimentality of a mother duck nuzzling her duckling.

For more information call 659-5340.

Carmel Valley Library Will Feature Photography Exhibit

Local photographer Debi Effron currently has her work on display at the Carmel Valley Library.

The exhibit, titled "Valley Life", captures the people and scenes that are an integral part of Carmel Valley. Mrs. Effron is currently the photographer for the *Carmel Valley Sun* and is responsible for many of its scenic covers and individual pictures.

The exhibit will remain at the Library for the month of October.

For more information call the Library at 659-2377.

Sculpture Class Has Openings

There are two openings for an 18-week basic portrait and figure sculpture class being taught by Jeanne Fosnot. The class will resume on October 7 in Carmel Valley. The fee is $250 for 18 weeks plus the model fee.

Phone 659-4749 for details.

Camilla Buehr Exhibit Will Be Featured At Evans Gallery

A new and old exhibition of works by Camilla Buehr will be shown at the Marjorie Evans Gallery from Thursday, October 3 through November 1. Ms. Buehr, Carmel artist, began her career as a portrait painter in Darien, Connecticut. She preferred water colors to oils and established herself quickly as the only portrait artist working in what was considered an impossible medium.

The Marjorie Evans Gallery is open each weekday from 9:00 a.m. to 5:00 p.m. and on nights of performances in the Sunset Theater. The Gallery is located at 8th and San Carlos in Carmel. There is no admission charge.

Typography And Photography Are Among Current Museum Of Art Exhibits

The Monterey Peninsula Museum of Art currently has a number of exhibits which will be on display through November 17.

A 500-year-old code of ethics will be among the items on display in "William Morris: The Typography" from the Sanford and Helen Berger Collection. The display includes a variety of books such as *The Works of Geoffrey Chaucer*, one of 48 produced through Morris' print shop in 1895-1896, bound in white pig-skin and blind-stamped to a design by Morris.

Also on display are Greta Garbo, Theda Bara, and Robinson Jeffers who are among the subjects of "Celebrity Portraits" by Arnold Genthe. Genthe has been called a pioneer in candid portraiture. His emphasis was on softly focused, naturally posed presentations capturing a poetic mood, breaking away from the stiff, uniform poses of his day.

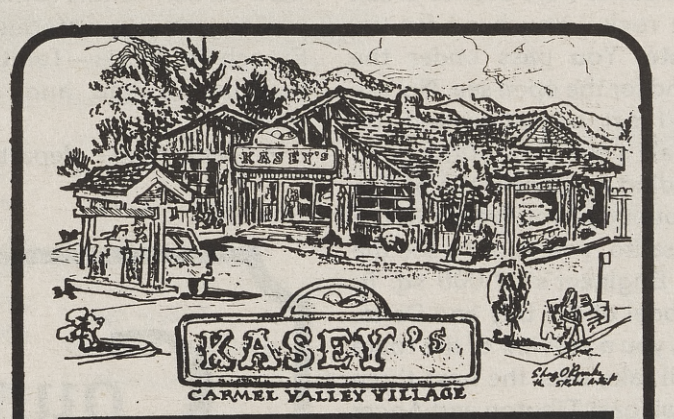
A two-hour compilation of work by contemporary video artists will be shown during regular business hours at the Museum. The exhibition, "California Video: 1984" was organized by Kathy Huffman of the Long Beach Museum of Art. It includes work by nine artists recognized as leaders in contemporary video art.

The Christmas spirit has begun at the Museum with the annual "Master's Tree" display. Miniature works of art prepared and donated by more than 50 local artists will be on display in the Museum through November 17, then will be moved to the Monterey Fairgrounds for the Museum Associaiton's annual Festival of Trees fund raiser.

Recent works on paper by Barbara Barrett are also on display. The artwork is a series of studies of rocks done in prisma-color pencils. By limiting herself to the subject matter, she's been free to explore the inherent qualities of her drawing materials and some of the forms and relationship of nature.

This candid photo of Robinson Jeffers is among the many fine exhibits currently on display at the Monterey Peninsula Museum of Art.

The displays continue through November 17. The Museum, located at 559 Pacific Street in Monterey, is open from 10 a.m. to 4 p.m. Tuesdays-Saturdays and 1 to 4 p.m. Sundays.



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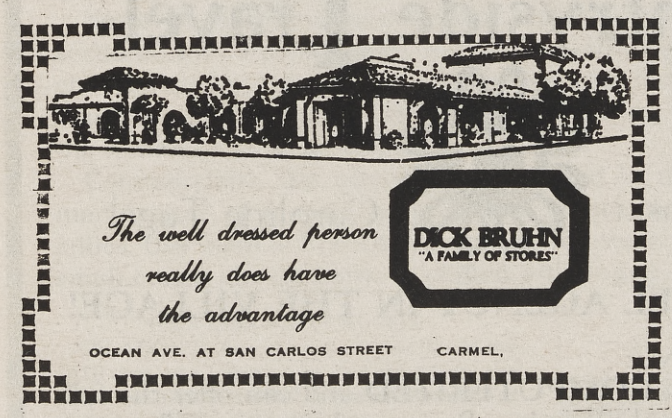

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BUSINESS

THE CHAMBER CONNECTION

by Grace Darcy
Executive Director
Of The Chamber of Commerce

Now that Fun in the Sun is over until next year, it's time for the Chamber to focus on other activities, both within the Chamber and in the Community.

The Chamber is planning to sponsor a Bike-a-Thon next month to benefit Danny Thomas' St. Jude's Hospital for Children; however, this is still in the planning stage. We'll let you know all about it when the Board has had an opportunity to see the materials the Hospital is forwarding to us.

•

As always, Chamber members are in the forefront when it comes to community service. DEBBIE SAXTON (*Carmel Valley Sun*), CHUCK McKAY (McKay Business Service), and RANDY RANDAZZO (Carmel Valley Market) were all elected to the newly formed Park District Board, and are involved with getting the District "off the ground," so to speak. With these three energetic and community-minded people working for all of us, we know we are in good hands. Good luck to DEBBIE, CHUCK, and RANDY. . .we're proud of you.

•

JUDY CASWELL (JCS Word Processing), who is the Chamber's capable Treasurer, also heads the newly appointed Nominating Committee. JUDY has presented a slate of nominees to the Board of Directors. These nominees are: one-year term (one slot open): GEORGE BISHOP, D.V.M. (Crossroads Animal Hospital), LARRY LEVINE (Merrill Lynch), and JOHN McCORD (Carmel Valley Inn). Three-year term (five slots open: MARGARITE ALVAREZ (Country Home Care), JUDY CASWELL (JCS Word Processing), JIM CHINN (Monterey Savings/Coast Federal Savings), LEE GOLDMAN, M.D., TIM HEASTON, D.D.S., SIDNEY SUE SLADE (Green & Slade), JO LOMANTO (Bank of America, Carmel Valley Branch), ANN MARSHALL (Attorney), and MELISSA TAYLOR (Wells Fargo Bank, Crossroads).

A terrific slate! It's going to be hard to choose because all of the above nominees are terrific people!

•

We have lots of people to say "Thank You" as regards our August and September Mixers. The Barnyard hosted a Mixer for your Chamber on August 22, and we owe a special thanks to Board Member PAUL BROCCHINI (The Pewter Shop) for putting this one together. Special thanks, too, to the following businesses who so generously participated: THE THUNDERBIRD BOOK STORE & RESTAURANT, PABLO's, FROM SCRATCH, THE PEPPERCORN, and CREAMERY REPAST & TEA.

On September 17, The Crossroads hosted a mixer for the Chamber and it was lauded by all who attended. Special thanks to CASSANDRA GRAUER and GARY MOREIRA of The Crossroads, and to the following businesses who contributed their time, energy, and delicious food and drink to the occasion: CAFE CENTRAL, THE CARMEL LARDER, CARMEL WINE & CHEESE, CHUTNEY's, RIO GRILL, SGHETTI's, LA PATISSERIE JULIETTE, and THE WILLOW TEA ROOM.

Both of these Mixers were just terrific!

•

President LOIS LAMAR has appointed two persons to fill vacancies on the Board of Directors caused by the resignations of two of its members. Replacing JEANELLE KAMINSKE is SAL NICITA, owner of S.J. Nicita Accountancy. Replacing BRUCE DUNLAP is ALICE MAY of County Bank and Trust. Both JEANELLE and BRUCE resigned because of business commitments, and it is hoped that both will consider running again when those business pressures lighten. We will miss them. Welcome to SAL and ALICE—we know they'll be terrific Directors.

•

I hope to have a complete report on Fun in the Sun for you next time. . .and let you know when the Five Minute Grocery Run (won by CINDY SWARTOUT of the Community Center) will take place. You might want to be there to cheer her on. We'll also announce the names of the many, many people and businesses who helped make Fun in the Sun the terrific day it was. 'Til next time. . . .

GOING MY WAY

Travel Tips by Thom Gulliver
Courtesy of Carmel Travel

"You mean I can explore the Old West from a cruise ship?"

"Yep!"

"See the old Pony Express stops? Gold Rush country? The Iron Horse steam railroads? Visit a speakeasy? — all from a ship?"

"Yep!"

In fact, you can follow the 100-year-old wake of the sidewheelers and sternwheel steamboats that used to ply these same waters, thanks to the new Explorer Class luxury cruise ships that were specially built to explore the California Delta. Their shallow draft allows them to travel the 1200 miles of channels formed by levees and dikes, navigate the San Joaquin River to Stockton and the Sacramento River to the State Capitol. On the way you get a close-up view of pastures, farmland, marshes, tree-covered islands, and houseboats—and the wildlife that inhabit them.

The *Glacier Bay Explorer* [sleeps 64] and the *Pacific Explorer* [sleeps 80] make 4 day/3 night cruises out of San Francisco from April through November. All inclusive costs (except for your bar bill) range from $239 to $439, depending on your accommodation—whether you prefer a porthole or a picture window, as all are outside, air conditioned staterooms. The ships are designed for comfort and friendly informality, from the sun deck (no swimming pool) to the large family-style dining tables to the vista view lounge where you can watch the whole Delta from a barstool (if you dare).

The cruise vessel departs at 2:00 p.m. from Pier 45 in the heart of San Francisco's Fisherman's Wharf. You sail past the busy waterfront, pass close to Alcatraz where you can contemplate the rigors of swimming to shore if a prisoner were able to break out of "the rock." You head for the Golden Gate. You pass under the bridge bound for the open sea. No, the Captain isn't lost, he just wanted you to get a whale's eye view of the commuters heading north over the bridge to Marin County as you return to the bay. In Sausalito, you dock to see the U.S. Army Engineer's 47,000 sq. ft. working model of the Bay and Delta, which gives you a preview of the route the ship will take over the next three days. You sail past Tiburon and Angel Island and as the sun sets over Grizzly Island Wildlife Area you see a rare white pelican.

In the morning, you find yourself docked in Stockton. After breakfast, you board a bus for a tour of the city and the surrounding San Joaquin Valley. Near Lodi you will stop to enjoy an aperitif at a local winery. In early afternoon, the Captain will navigate the devious 3-Mile Slough and, if successful, wind up in the Sacramento River. The ship docks near Old Sacramento so you can navigate the city's night life after dinner.

On the third day, a motorcoach tour of the Capital includes Sutter's Fort where the Gold Rush began and, of course, the world famous Railroad Museum. After lunch, you begin the downriver return to SFO, stopping in mid-afternoon at Locke, the only rural Chinese community in the U.S.A. That evening you celebrate your last night on the ship with the Captain's Gala Dinner. By morning you are again cruising San Francisco Bay, and after breakfast you dock at Pier 45. You can either disembark or stow away in some dark corner, as this same ship will be cruising the aquamarine lagoons of French Polynesia—Tahiti, Bora Bora, Huahine, Tahaa and Moorea—all winter.

A Delta cruise departing SFO on November 11 is being sponsored by the Jesters, the fund raising organization for the Monterey Museum of Art. If you would like to join this group of fellow Peninsulans on the cruise and also support the Museum, there are a few spaces still available. Call Carl van der Burch at 372-1069 or Jack Dougherty at 649-3030.

Bon Voyage!

Countryside Travel

John Zielinski CT Caroline Tugel

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(Across from Plaza Linda Mexican Restaurant)

NETWORKING

by Grace Darcy

As The Network prepares to celebrate its third birthday, it seems appropriate to look back on this organization's accomplishments over the past three years...

(1) We have grown to 150 women, 85% of whom are entrepreneurial women. (2) We have sent some of our Network women to speak to young women students at Santa Catalina School in Monterey, and President CANDACE SNOW addressed young women at North County High School in Salinas. We have been asked to continue this program with Santa Catalina School this year, and will probably add Carmel High School to our growing list of schools. (3) We have established the Grace Darcy Scholarship for Re-entry Women, and awarded the first scholarship to BETTY NEFF of Salinas, who is now able to continue her nursing studies at Hartnell College with less financial stress. (4) We have had and continue to have a series of programs on Radio Station KAZU that have been both informative and successful. GRACE DARCY, NANCY HILLS, and BETTE PHILLIPS share the host duties on these shows, and KEDRON BRYSON will soon join them. (5) We have named two Networking Women of the Year (CAROL DONALD and Your Reporter) and will continue to do so this year. (6) We have showcased our members at noontime brown-bag luncheon meetings, and will continue to do so this year. (7) We have established an Emergency Fund for Network women to use if their car should break down or there are unexpected medical bills, moving expenses, etc. (8) We have been visible in the community...at Women's History Week...with the YWCA when PWN member RIANE EISLER gave a report on the Nairobi Conference...with the Carmel Valley Chamber of Commerce at their Fun in the Sun event, and again at the upcoming Monterey Bay Aquarium Birthday Celebration on October 20.

These are major accomplishments for an organization that is just three years old!

•

Network members KAY DYER (Happy to be Me) and PATRICIA QUALLS (Patricia A. Qualls & Associates, Inc.) both will teach classes at the YWCA this fall...ANNE AUBURN (Creme de la Creme) recently prepared desserts that kids love and can make at Macy's in Del Monte Shopping Center...JANE ELLERBE (Ellerbe Therapy Associates) and husband, FRED, will conduct a one-day workshop entitled Couple Communication at the Doubletree Inn, Monterey, on Saturday, October 5...NANCY HIRSCH (business services and bookkeeping) is in London enjoying a well-deserved vacation...JAQUI DAVIS (Monterey Peninsula College), KEDRON BRYSON (Peregrine Services), BETTY POWELL (free lance sales), MARCIA SHEDD (Gibbs & Soell), along with Membership Committee Chair and Board member SUSAN BLOCH-FARRINGTON have presented a stunning new Network brochure to the Board of Directors...thanks to all the members of the Membership Committee for the hard work and tremendous talent that went into the preparation of this brochure.

•

DR. BEE EPSTEIN's book, *The Working Woman's Stress First Aid Book,* is fresh off the press and available to Network members and to the public. If first reactions are any indication of the book's success, then BEE really has a winner. Call BEE for your copy...it's only $5.95 and, with typical generosity, BEE will donate one dollar of that price to The Network for every copy purchased by a Network member.

•

Welcome to new Network members ANNE AUBURN, THERESA BROWN, MARY DOWSON, CHRISTINE PARSONS, LOUISE RIDDELL—KAUFMAN, JUDY HURST SADLIER, and MARY TESORO. Welcome to the finest Network in the world!

•

NANCY'S KITCHEN

by Nancy Amoto, Caterer and Food Consultant
Courtesy of Tastefully Yours

Pomegranate: the fruit of a small tree which is a native of Persia and neighboring regions. The antiquity of the tree or a cultivated plant is evidenced by the many references to the fruit in the Bible and in Homer's Odyssey, and it was introduced into Europe at an early date. Its sweet juice is used for making a refreshing drink, and the flavor of the flesh is both delicious and unique.

However, the interior of the fruit is in tiny globular sections, with a small stone in each and, although children are fond of eating pomegranates raw, most adults are discouraged by the labor of disposing of the hundreds of small stones.

Commercially, the pomegranate is used in the manufacture of grenadine syrup, and in jams and jellies. Use them in French dressing, or roll them in small cream cheese balls, or chilled with yogurt. If you use them for jelly, do not bruise the seed kernels, for then an unpleasant flavor develops.

Pomegranates in Lime and Rosewater Syrup

2 Pomegranates
½ cup sugar or to taste
1 cup water
Juice of one lime
1 tablespoon rose water

Cut the fruit in half and carefully remove the seeds in their transparent coats, discarding the white membrane to which they are attached. This can be tricky, so take care not to squash them.

Dissolve the sugar completely in the water and mix the resulting syrup with the pomegranate seeds and lime juice in a bowl. Add the rose water and refrigerate for three hours. Before serving, taste and add more rose water if needed. Serve in individual bowls.

PROCEED WITH CAUTION

CELADON (1 Across) was a character in the 1610 romance *L'Astree,* by Honore d'Urfe; the name was used thereafter in French literature as a stock name for a courtly lover.

RHODOSPIN (16 Across) is found in the retina of higher vertebrates, and is important for vision in dim light.

The PIT (56 Across) was a 1903 muckraking novel dealing with wheat trading at the Chicago Board of Trade (known as "the pit").

CURFEW (1 Down) comes from the French for "cover fire": in medieval Europe, the ringing of a bell was a signal for "lights out."

NUSKU (7 Down) corresponds to the Sumerian Girru, who was often invoked against sorcery (drop that into your next conversation).

A DEPAS (24 Down) was a two-handled Greek bowl. In mythology, it was the bowl in which the sun floated, which was used to help explain the passage of day and night.

C	E	L	A	D	O	N			J	U	M	P	S	
U	X	O	R	I	O	U	S		A	C	A	R	I	
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T	R	E	N	D				H	E	X	A	N	E	S

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parents, staff, and alumni
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Dinner Party** with **Dancing
Talent Show** and **Auction
***ALL** for $30 per person*
including drinks

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Carmel Forest Theater
following the
C.H.S. Homecoming Celebration

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**Costumes optional — Come as you were when you were a kid!!!*

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Enclosed is my check in the amount of $_____
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TO YOUR GOOD HEALTH

EYE-deas

Drs. Irving and Kim Hartford

How Contact Lenses Work

Contact lenses are held in place by surface tension as they float on a layer of tears that covers the cornea. To stay healthy, the cornea needs a steady supply of oxygen which it gets from the air and from tears. Contact lenses form a barrier between the air and the cornea and interrupt the cornea's direct oxygen supply. This problem is partially overcome by blinking which causes the lenses to move slightly. With each blink, a fresh supply of oxygen-laden tears washes behind the lens to bathe and nourish the cornea. Blinking properly is important for comfortable lens wear.

Contact lenses have many advantages over eyeglasses, but they require a lot more care. Remember, careful cleaning and proper wear can protect both your lenses...and your eyes! Here are a few important do's and don'ts to keep in mind:

DO'S: Have regular check-ups with your eye doctor. Check for lens damage before each contact lens wearing. Use only solutions recommended by your doctor. Clean lenses after each wearing. Work over a clean towel. Keep your storage case clean, and replenish solution regularly. Avoid getting make-up on your hands or lenses. Check with your doctor for instruction on whether to apply mascara before or after insertion. Keep your nails trimmed to avoid damaging the lenses. Keep a spare pair of glasses on hand in case you lose or break your lenses.

DON'TS: Never wet your lenses with saliva—only use eyedrops recommended by your eye doctor while wearing your contact lenses. Never sleep or nap while you wear your hard or soft daily wear contact lenses. It is alright to sleep with soft extended wear lenses. Avoid overhead hair dryers or hair sprays while wearing lenses. It's OK to shower with your lenses in, but be sure to remove them before you go swimming. Hard contacts can be lost, and soft lenses can absorb the iritating chemicals in the pool. Don't count on contacts for eye protection. Always wear safety glasses if your job poses eye hazards—or any time your eyes might be injured. Don't rub your eyes when wearing your lenses. Don't overwear your lenses. Remove your lenses and call your doctor if symptoms such as pain or excessive redness persist.

HELP YOUR HEART

American Heart Association

ASR

Old beliefs die hard, especially when it comes to eating.

Over the years, many people have accumulated myths about food and eating habits from their families, from what they read or from their own experiences. Here are some popular myths and the facts about each:

1. MYTH: It is impossible to lose weight if you travel or eat out frequently. FACT: Meal options approved by the American Heart Association can be found in some restaurants, hotels and even airplanes. To reduce portion size, choose appetizers as the main course, order a la carte or share food with a companion. Order dressings and sauces on the side. Look for terms on the menu that signify low-fat preparation, such as steamed, poached and broiled. Avoid foods that are buttery, buttered, fried, creamed, "in its own gravy" or in hollandaise or cream sauce. Ask for low-fat and non-fat dairy products and margarine instead of butter. Trim visible fat from meat and remove skin from poultry.

2. MYTH: Overweight individuals eat more because they are hungrier. FACT: People who are overweight begin with the same appetite as those who are not overweight. Overeating may come from a genetic hormone disorder, but most overweight individuals eat out of habit or psychological need.

3. MYTH: Carbohydrates should be avoided, especially if you are trying to lose weight, because they are high in calories. FACT: Not all foods high in carbohydrates are high in calories. Complex carbohydrates, found in vegetables, beans, cereals and some fruits, contain essential nutrients with the calories. Simple carbohydrates found in refined sugars contain primarily calories, no nutrients.

4. MYTH: Nondairy creamers are better for your health than cream. FACT: Although the American Heart Association recommends using low-fat and non-fat foods rather than whole dairy products, beware of most imitation dairy products, including nondairy creamer. Many of these contain coconut oil, a highly saturated fat, as a substitute for butterfat.

5. MYTH: All vegetable oils and shortening are high in polyunsaturates. FACT: Not all vegetables oils are unsaturated. Certain vegetable oils, such as palm and coconut oil are high in saturated fats. You will find these primarily in commercially baked goods, cookies and candies.

6. MYTH: Children can eat what they want because they are unaffected by the dangers of atherosclerosis. FACT: Dietary changes begun in childhood and maintained for a lifetime may reduce the risk of heart disease, since atherosclerosis (a buildup of cholersterol and other fats in the arteries) often begins in youth and progress through young adulthood. It also seems that minimal or "early" atherosclerosis, expected in younger patients, may be more likely to regress than advanced disease would. AHA recommends a prudent modification of diet in healthy children over the age of two years through adolescence and into their adult life.

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Hospital Blood Donor Screening Has Been Proven Effective

Community Hospital of the Monterey Peninsula has screened 1,400 units of blood since June 3 and has found no evidence of acquired immune deficiency syndrome (AIDS) antibodies, according to Blood Center Medical Director Dr. David Borucki.

Potential blood donors are asked a series of questions concerning their health history and exposure to malaria, syphilis, hepatitis, and AIDS. All blood donations are tested for syphilis, hepatitis-B and the antibody to the AIDS virus, Dr. Borucki said.

Although potential blood donors may fear that they can contract AIDS through blood donations, that fear is unfounded, he said.

"You cannot contract AIDS by donating blood," Dr. Borucki said. "If we want a safe blood supply, donors who are not in the high-risk group must continue to donate. Some of our regular donors have been scared away."

Dr. Borucki said Community Hospital blood donations have fallen off by 20 percent in recent months, and the resulting deficit of 30 to 50 units per month must be made up through purchases of blood from the San Jose Red Cross.

The Community Hospital Blood Bank has added another question to its screening process which has proven effective in eliminating those in high risk groups from donating blood.

Under a directive from the Department of Health and Human Services, Blood Center personnel now ask male potential donors whether they are homosexual or bisexual and whether they have had sex with any male since 1977, Dr. Borucki said.

Potential donors also are asked whether they are in any of the following groups and, if so, they are excluded as donors: active male homosexuals; present or past users of intravenous drugs; persons with symptoms of AIDS; hemophiliacs receiving pooled plasma products to control their disease; Haitian immigrants or individuals who have resided in Haiti and entered the United States after 1977; sex partners of hemophiliacs, intravenous drug users, Haitians or individuals with AIDS.

"Intravenous drug users, individuals sick with AIDS, prostitutes, and hemophiliacs are usually not volunteer blood donors," Dr. Borucki said. "The high risk group we're asking not to donate is active homosexuals and males who have had sex with another male since 1977."

Persons with questions about donations may contact the Blood Center at 625-4814.

Recovery Center Will Offer Intervention Workshop

A workshop to help friends and family members learn how to confront a chemically addicted person with facts about his or her behavior is scheduled for 1 p.m. Tuesday, October 8 at the Recovery Center of the Monterey Peninsula, 576 Hartnell St., Monterey.

The free intervention workshop will be conducted by Lee Jampolsky, Ph.D., intervention counselor. The goal of the free intervention program is to confront the alcoholic or addict in a caring way, so he or she will seek professional help.

"It's not true that an alcoholic has to hit bottom before he or she can be helped," Jampolsky said. "When properly done, intervention is an effective and loving way to help a friend or family member get treatment before they hit bottom."

For more information, call the Recovery Center at 373-0924.

Free Human Services Will Be Explained By Social Services Council

Be alerted to the many free human services available in your community. Come to the Salinas Community Center October 16, from 11:00 a.m. to 3:00 p.m., where these services will be explained in detail.

Sponsored by the Social Information Council with the participation of such agencies as Hartnell College, Department of Employment, Health Department Counseling Agencies, Alcohol and Drug Treatment and many others.

Refreshments will be served.

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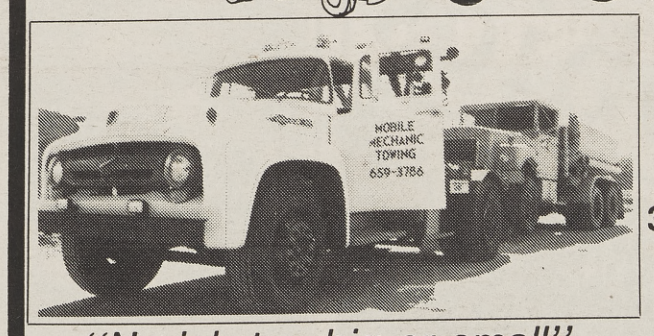

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PEOPLE ARE READING

News from the Carmel Valley Library

by Barbara Donley

NOW AVAILABLE

***indicates current best sellers**

1. *Kentucky Love* — Joe Coomer
2. *Brain Child* — John Saul
3. *Blue Remembered Hills* — Rosemary Sutcliff
4. *Too Much, Too Soon* — Jacqueline Briskin
5. *Our Father's House* — Stephen Longstreet
6. *The Snow Gods* — Herbert Burkholz
7. *The Years of MacArthur* — James D. Clayton
8. *Henry VIII* — Jasper G. Ridley
9. *Radiant Science, Dark Politics: A Memoir of the Nuclear Age* — Martin D. Kamen
*10. *Yeager, An Autobiography* — Chuck Yeager
11. *At Mother's Request: A True Story of Money, Murder and Betrayal* — Jonathan Coleman
12. *A Heritage of Shadows* — Madeleine Brent
13. *Zuckerman Bound* — Philip Roth
14. *The Early Sunset Magazine: 1898-1928* — Paul C. Johnson
*15. *The Two Mrs. Grenvilles* — Dominick Dunne
16. *The View From Coyaba* — Peter Abrahms
17. *Less Than Zero* — Bret E. Ellis
18. *They Dared To Speak Out* — Paul Findley
19. *Woman Wanted* — Joanna M. Glass
20. *The Sea Within* — Louise Murphy
21. *The Road To Paradise Island* — Victoria Holt
22. *Vita* — Victoria Glendinning
23. *A Maggot* — John Fowles

THE BOOKWORM

by Mary Berta

The people mentioned in this article shall remain nameless, for obvious reasons. From time to time I meet people, both men and women who share with me their frustration because they are unable to read and understand, or unable to read fast enough to keep up with class work, or unable to read except at a very elementary level, or unable to spell...the list goes on and on. Is there any help for these people?

Yes, there is help, provided they are willing to do the work needed to improve and learn to cope with whatever weakness that may have caused the disability.

In previous articles I mentioned that a person with specific language disabiltiy may have normal vision, hearing, and speech, but have both strengths and weaknesses in how his or her senses receive and process information. A person may see "silt" and say "slit"; the word "girl", but copy it out of sequence as "gril"; remember a word today, but forget it tomorrow; or a person may know the answer in the brain, but be unable to express it in speech or writing.

Many people have this difficulty, including some famous ones, such as Thomas Edison, Albert Einstein, Nelson Rockefeller, Gen. George Patton, Woodrow Wilson, and Leonardo da Vinci.

Unfortunately, it is much more difficult for an adult to decide to get special help, because it is a very emotional issue. Oftentimes, when they were younger, they were made fun of, called mentally retarded, scolded and accused of being lazy and uncaring. Even today, when one would think there would be greater understanding, many people still hold to these mistaken ideas. There needs to be more education so that everyone realizes that some people need a different way of learning in order to succeed, i.e., multisensory which means using all of the senses in order to learn (auditory—hearing it; visual—seeing it; kinesthetic—feeling it with the muscles). In other words, the auditory, visual and motor areas of the brain need to be organized properly in order to learn. These people range in intelligence from average to extremely high.

Help for any child or adult who is experiencing difficulty in language arts (reading, comprehension, spelling, writing) is no further away than your telephone by calling 659-2305. Limited openings are available.

I strongly urge parents to get help no later than the beginning of the second semester of first grade, or as early as possible before the child's ego is damaged. It's never too late for adults either, as long as they're willing. Let's hear from some of you for whom reading and/or writing is a chore.

Breaking Into Print With Travel Writing Will Be Discussed At Writer's Connection Seminar

A seminar to help the non-published travel writer break into print—for fun, fame and profit—will be held on October 5 from 9:30 a.m. to 3:30 p.m. at Monterey Peninsula College, Room B-207 in Monterey.

Topics that will be covered include how to choose a subject, how to target a publication, correct format for the story, markets, how to take advantage of press trips offered to travel journalists, and more.

Robert F. Kay, the instructor, is a regular contributor to major consumer and trade publications and Sunday travel sections. He is also author of a travel book on Australia, with another about Fiji in the works.

The registration fee for the general public is $48; $38 for members of Writers Connection. For more information or to reserve a place, call (408) 973-0227.

Poetry Contest Seeking Entries

Entries are now being accepted by the Poetry Shell, non-profit magazine of verse of the Monterey Peninsula. The deadline is October 16.

Poetry is judged in four normal categories: serious verse, light verse, teen-age verse (13 through 17) and juvenile verse. A new category is to be available this issue: Aquarium and marine life. Prizes will be awarded for the first three winners in each category.

Manuscripts submitted should not bear the author's name on the same page since judging is strictly anonymous. But name, address and telephone number of the entrant should be typed on a separate, accompanying sheet. For juvenile entries, typed, the poet's age should be included. No entries will be returned.

Entries, which must be typed, should be mailed to the editor, Lois Wilson, 754 Rosemont, Pacific Grove, CA 93950 before the deadline, October 16.

Santa Catalina Wine Tasting And Auction Offers A Variety Of Valuable Items

The fourth annual Santa Catalina Wine Tasting and Auction has been scheduled for Saturday, October 5 at the historic Santa Catalina School.

The event, which benefits the Santa Catalina Scholarship Fund, will begin at 4:30 p.m. with the Wine Tasting featuring premium selections from 22 California wineries.

The annual Wine Auction, boasting a unique variety of items, will commence at 7 p.m. Among the donations this year is a bottle of La Tache from the famous Domaine De La Romanne-Conti, a special gift given by owner Aubert de Villaine. Additional items of note included in the Wine Auction are: a double magnum of Jordan Vineyard and Winery's 1982 Chardonnay, one of only 25 ever produced; a gourmet picnic donated by Durney Vineyards, Carmel Valley's first wine estate; a jeroboam of 1982 Estate of Cabernet sauvignon and a methusalem of 1983 Estate Bottled Chardonnay, donated by Far Niente. Other auction items include 7 days, 6 nights studio condominum at Playa Sol Las Hadas, Manzanillo, Colima, Mexico for two; vacation weekend at Northstar in a 4 bedroom luxury home; and 10-12 days in Tonga (near Samoa) Bareboat Charter.

A raffle drawing will be held during the evening, with the winner receiving a one week's vacation in Aspen, Colorado. The lucky winner will be flown to Aspen on Jet Monterey, a Lear Jet based out of the Monterey Peninsula airport.

The evening's $25 fee includes the wine tasting, a bountiful buffet and an auction paddle.

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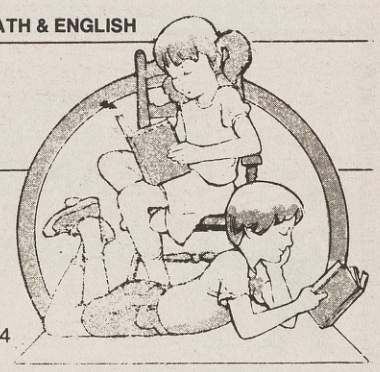

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COMMUNITY CENTER REPORT

by Louise Riddell-Kaufman

Mondays: *Yoga,* 7:30–8:30 p.m. beginners, 8:30–9:30 p.m. intermediate, free through MPC Older Adult program; *A.A.,* 8:00 p.m., Activity House.

Tuesdays: *Family Play Time,* 10:00 a.m.–12:00 noon, free; *Drawing from the Right Side of the Brain,* 9:30 a.m.–12:30 p.m., free through MPC Older Adult Program, Activity House; *Stretch and Tone Exercise Class,* 6:00–7:00 p.m., $10 per month.

Wednesdays: *C.V. Community Youth Center Board Meeting,* October 30, 7:30 .m., Activity House; *An Introduction to Wellness for Senior Citizens and Adults,* 10:00–11:00 a.m., $8 per month, co-sponsored with the YWCA; *Information and Referral Service,* 12:30–1:30 p.m., Office in Activity House, free to senior citizens though the Alliance on Aging; *Upper Valley Advisory Committee,* 7:00 p.m., October 2 and 16, Activity House; *Trail Committee,* October 2 and 16, 7:30 p.m., Office in Activity House; *Carmel Valley Park and Recreation District Directors meeting,* October 9, 7:30 p.m., Activity House; *A.A., 8:00 p.m.*

Thursdays: *Stretch and Tone Exercise Class,* 6:00–7:00 p.m., $10 per month; *Bridge Club,* 10:00 a.m.–noon, $1.50 per day or $4 per month, call 659-3983 mornings if interested; *A.A.,* 8:00 p.m., Activity House; *Bingo,* 7:00 p.m.

Fridays: *A.A.,* 8:00 p.m., Activity House.

Saturdays, Stretch and Tone Exercise Class, 8:30–10:00 a.m., $10 per month; *Karate for middle school aged youth,* 10:30–11:30 a.m., beginning October 19; *A.A.,* 8:00 p.m., Activity House.

Sundays: *Adult Children of Alcoholics,* 7:00–8:00 p.m., Activities House

Daily: *Before and After School Program,* 7:30 a.m.–6:00 p.m., for school age children, call 659-9954; *Adult Lap Swim,* 6:30–7:30 p.m. weekdays; *Recreation Swim,* 1:00–4:00 p.m. weekends; *Reading for Life, Tutoring,* sliding scale fees, call Mary Berta 659-2305 for more information.

Don't forget, the Community Center and the large barbecue area are available for rent for your family and business events.

WOMEN'S RESOURCE CENTER

by Ann Harrison

The Carmel Valley Women's Resource Center and Brightside/ACT Center will co-sponsor a workshop on stepfamilies October 12, 1985 from 9:30 a.m. to 3:30 p.m. at the Carmel Valley Inn, corner of Carmel Valley Road and Los Laureles Grade. "In Step With the Times–An Overview of Stepfamilies" will be facilitated by Marilyn Wyman, MFCC, president of the Los Angeles Chapter of the Stepfamily Association of America. Mrs. Wyman is also on the National Board of Directors of SAA, and Treatment Director of Project Touch, an adolescent diversionary program.

Learning to live in a stepfamily encompasses many issues, and SAA is committed to helping blended families deal with these issues. The fee for this workshop is $20, with lunch included. The pool and hot tub will be open to workshop participants also. To get your registration form please call the CVWRC at 659-3445, or come by during business hours. The deadline for registration is October 4, 1985.

Monterey County Library Will Present An Evening For Stamp Collectors

The Prunedale Branch of the Monterey County Library will present An Evening for Stamp Collectors with Don Campbell, president of the Monterey Peninsula Philatelic Society, on Tuesday, October 15, at 7:30 p.m.

Mr. Campbell will give helpful tips on how and what to collect, will demonstrate how to identify a valuable stamp as well as a "cinderella," and will explain the basic elements of appraising.

Free stamp packets for beginners will be distributed at the program. Those interested in having their own stamps appraised are invited to be at the library at 7:00 p.m., when Mr. Campbell will be offering free appraisals.

The activity will be open to the public and there will be no admission charge. The library is located on 8075 San Miguel Canyon Road in Prunedale. For more information, please call the Prunedale Branch at 663-2292.

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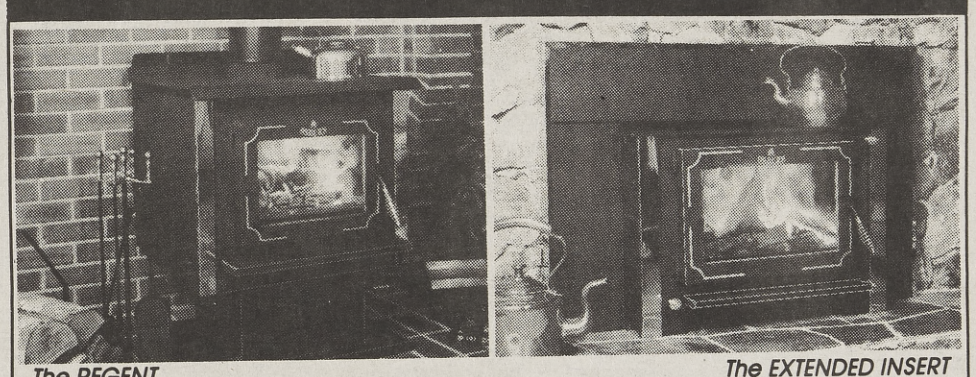
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VALLEY VOICES

Photos by Debi Effron.

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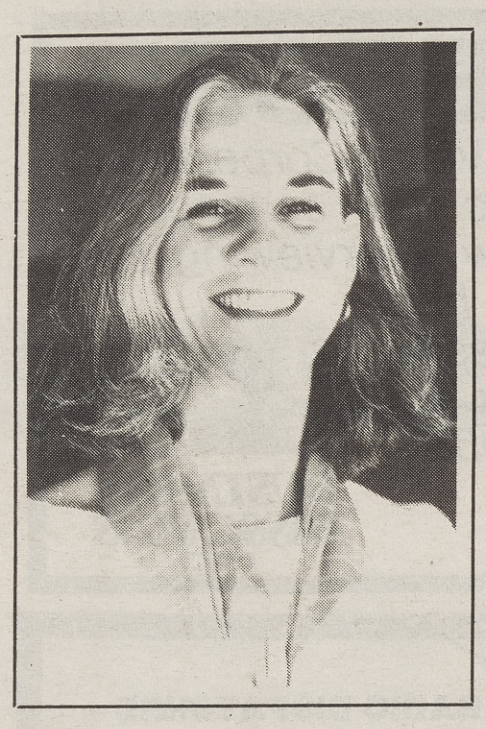
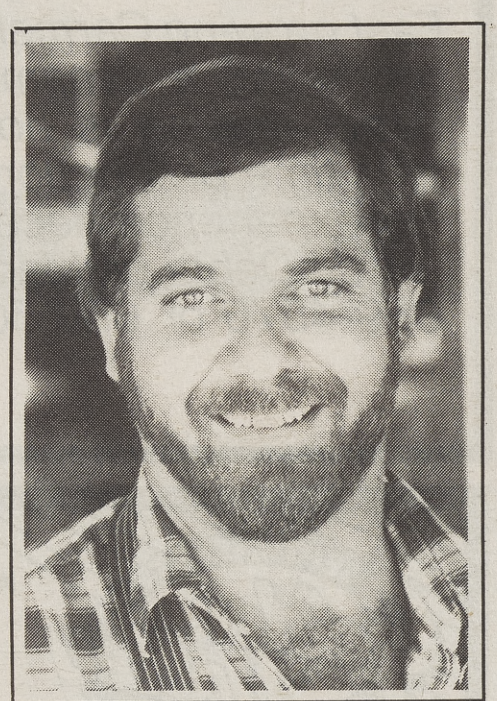
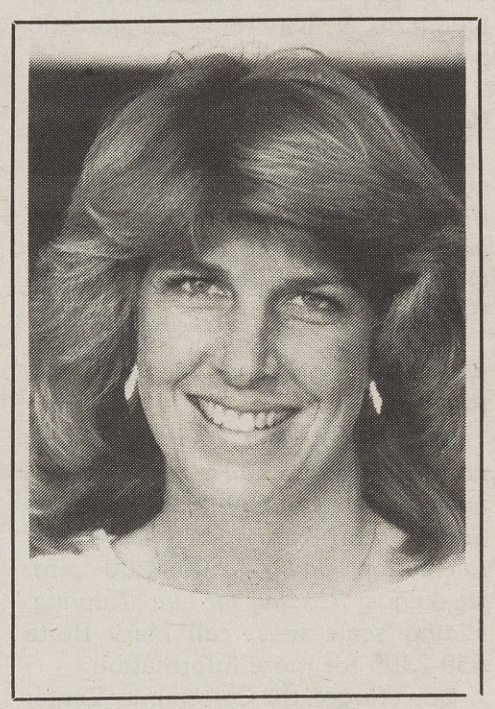


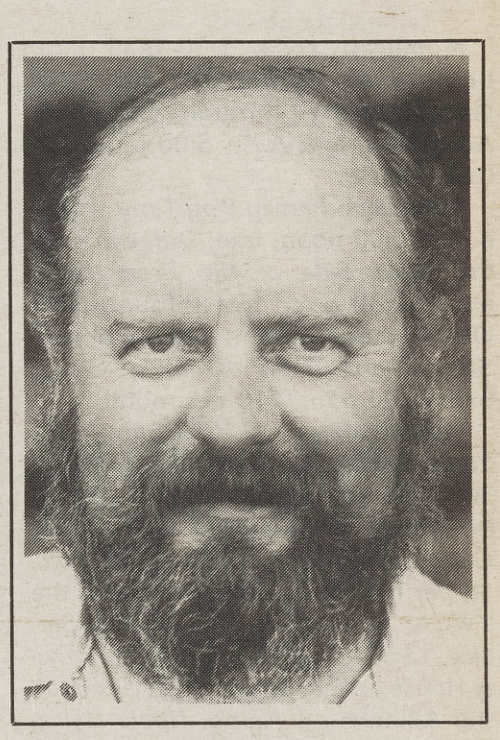
Diane Newton—Talbott Ties
"Sure! Actually I'm waiting to see what happens. It'll be great for the schools, I think that's important."



Randy Randazzo Jr.—CV Market
"Very much so! I think it's great for the school systems."



Wendy Jones-Riley—CV Natural Foods
"Sure! I'm a gambler at heart."



Chuck Norman—CV Texaco
"Not yet. Not till I see how it goes."

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WANTED ASAP, someone who will take care of motorized wheelchair for good money: Please contact Christine at 53 E. Carmel Valley Rd. #423. Must be able to read & spell.

Rec. assistant needed week day afternoons 3-4 hrs. Must be 18. Some prev. exp w/school age children or E.C.E. units req. Eves., 659-4571; Day, 659-9954.

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Wanted to rent in CV preferably near Quail Lodge on 6 month basis. Rm for painting studio plentiful N or E light requires no finished walls, only electrical connections. Write Painting Studio, c/o P.O. Box 744, CV, CA 93924.

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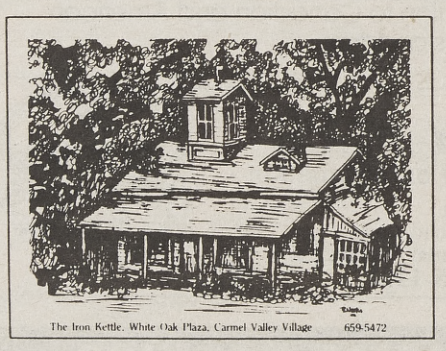

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DINNER IS SERVED

Including Fresh Vegetable Basket with Creamy Dill Dip, Soup of the Day and Tea or Coffee.

Wed.	Thur.	Fri.	Sat.	Mon.	
2 Stuffed Turkey Breast with Mashed Potatoes & Gravy & Peas with Pearl Onions	3 Savory Meatloaf with *Tossed Green Salad & Double Baked Potato	4 Veal Chops Orloff with Mixed Greens Sautee & Fettuccini Alfredo	5 Chicken Breasts Chablis with Blushing Rice & Brussel Sprouts with Peanuts	7 Roast Beef with Yorkshire Pudding Steamed Carrots with Lemon Glaze	8 Baked Ham with Scalloped Potatoes & Beans Julienne
9 Roast Chicken with Vegetables and Baked Potato	10 Curried Lamb with Steamed Rice Traditional Assorted Condiments	11 Red Snapper au Gratin Broccoli Spears & Pasta con Pesto	12 Beef Stroganof and Noodles Seasoned Fresh Spinach	14 Fennel Pork Roast Steamed Rice Herbed Scalloped Tomatoes	15 Chicken Baked with Banana & Pineapple Fritters, Brussel Sprouts in Cheese Sauce

*Tossed Salad Substituted for Vegetable Basket